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GENERAL INTRODUCTION

SHIATSU = THUMB PRESSURE

We help people by applying PRESSURE to them in the correct way.

This involves LEANING

Leaning utilizes BODY WEIGHT and GRAVITY.

TECHNIQUES include pressing, rubbing, pounding, stretching, holding

Shiatsu developed many thousands of years ago in the Far East out of the traditions of ORIENTAL MEDICINE.

SHIATSU is more than just a massage technique:

It is a practical expression of the UNIQUE PRINCIPLE**,** which is at the back of all Eastern thinking and expression.

This principle states that although things in our universe all seem separate and different, they in fact exist in harmony and oneness on a deeper level.

Nature and this universe endlessly and effortlessly creates life out of nothing

Through the process of MATERIALIZATION**,** One Infinity condenses into Yin/Yang, Ki, pre-atomic particles, molecules, plants, animals and human being.

Our endless dream as human being is freedom. The secret is to become more aware of this process of materialization and regulate it with our FREE WILL.

Through our co-operation with the source, we experience our highest freedom- the ability to regulate the complementary and antagonistic tendencies which arise all around us in order to produce harmony, or peace.

This ability to organize and project energy is not the prerogative of a few saints and spiritual masters - everyone has this ability .In fact, we are using it all the time, often *unconsciously.*

We need to become aware of, organize and project this energy, which is the very energy of life itself.

Shiatsu is therefore both a healing system and a vehicle for the development of our personal freedom.

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ROCKING TECHNIQUE

From the time in the womb, we were in a water environment- rocking was going on all the time. After birth, our mother rocks us when we cry.

So, deep in our body/mind, is the memory of rocking as a safe, nourishing, trusting experience.

It is a LEARNED MEMORY and stored on a MUSCULAR level

Often very good to use rocking technique with people first treatment, if very stressed etc.

KYO AND JITSU

We are bathed in an endless ocean of universal life energy. We take in this energy in the form of food, transform it within our bodies and discharge it through our various activities.

SHO KI = Flowing energy; happy, healthy

When there is a block in the energy flow, we are sick, unhappy or stuck.

When the energy flow stops, we die.

JITSU KI = Full symptom

KYOTSU KI = Empty symptom

These are the two primary diagnostic divisions in Oriental Medicine.

First hold Kyo place, then actively move Jitsu place.

DEVELOPMENT OF TRADITIONAL HEALING

- Palm healing and prayer
- Shiatsu and food
- Acupuncture and herbs

BASIC SHIATSU FRAMEWORK

A good way to present Shiatsu is as a simple structure with easy to follow steps. That way, we can relax into the work and trust the process, and allow our sensitivity and compassion to develop naturally. We also begin to learn to sense Ki flow, which is needed to give good Shiatsu.

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Whatever complex and sophisticated techniques we progress to in later stages of our study, the Basic Framework is always there to prevent us becoming lost or confused.

MOST IMPORTANT THINGS FOR LEARNING SHIATSU

- Simple, Clear Framework.
- Move from Hara
- Empty Mind.

BASIC BACK TECHNIQUES

1. Rub circles each side of spine
2. Press in inter-vertebral spaces
3. Lift skin along spine
4. Palm pressure down spine
5. Pound back

TO DEVELOP OUR ENERGY

- Eat Well
- Remain Active
- Move from Hara
- Breathe Properly
- Practice Chanting
- Focus the Imagination
- Develop Giving

TREATMENT: SACRUM WORK

- Take contact on sacrum
- Rock at sacrum
- Press down both sides of sacrum
- Press in indents at top face of sacrum
- Kicking technique on coccyx

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CONTRA-INDICATIONS FOR SHIATSU

- If you don't like them
- If not sure
- With Cancer
- Pregnant women : below knees, LI 4, hara, shoulders
- Varicose veins
- Infectious diseases

TREATMENT: BACK OF LEGS

1. Rolling palm technique on each leg
2. Palm-thumb-Palm pressure down one leg
3. Palm-thumb-palm on the other leg
4. Stretch one leg up and out
5. Stretch other leg
6. Lift both legs together and rock side to side

WHY GIVE SHIATSU?

- Centre ourselves : become empty
- Communication
- To develop our consciousness
- Healing ourselves : never stops

TREATMENT: FEET

FOOD FOR THOUGHT

Our society and culture are set up around time and material possessions.

We find it difficult to understand and perceive space and energy.

Everyone, consciously or not, is seeking to discover the *magical realm of Ki.*

Shiatsu can be an intuitive bridge to enable us to reach this dimension.

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TREATMENT: INSIDES OF LEGS

- Palm up one leg, then the other
- Thumb up 3 lines on one leg, then the other
- KD and LV stretches both legs
- Rotate and snap toes on each foot
- Lift both legs and rock to and fro

FOOD FOR THOUGHT

When giving Shiatsu don't get stuck with the details. Keep making it simple, keep looking for the big picture, and the details you need will come out by themselves.

People will always guard their weaknesses: they are afraid you will find them out and attack them. Try to find common ground with people: then they are more able to relax and open up.

If we attack people, they resist, close up and stay the same.

If we use our Ki and our body weight to support them, they will eventually relax, open up and change to a more positive direction.

YIN AND YANG

Everything in the universe is in a constant state of change**.** Each day we experience the result of this movement as night/day, youth/old age, sickness/health, activity/rest, life/death and death/rebirth.

To understand the nature of the changes which govern our lives and the natural environment helps us to create harmony in our minds and bodies.

This study and practice has traditionally been called the study of yin and yang, or the UNIFYING PRINCIPLE.

The way to practice this principle in daily life has been taught by many great teachers throughout history, including Jesus, Buddha, Lao Tzu, Moses and Mohammed.

To understand this simple principle and live by its basic laws is the way to HEALTH HAPPINESS AND A LONG LIFE.

YIN AND YANG IN DAILY LIFE

Yin has centripetal, outward direction which results in expansion. Thus DIFFUSION, SEPARATION, EXPANSION AND DISPERSION are all **yin** tendencies.

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Yang has centrifugal, inward direction which results in contraction. Thus GATHERING, CONTRACTION AND ORGANIZATION are all **yang** tendencies.

The forces of **yin** and **yang** are primary, and are found throughout creation.

All movement form, change and interaction can be understood in terms of a basic yin/yang equation.

By observing the way in which these tendencies predominate in the various situations we encounter, we can

- Classify them as more yin or more yang
- Learn to adjust ourselves to our environment in order to achieve natural harmony in our lives.

THE LUNGS

The purpose of the lung is to provide cells with oxygen and to discharge carbon dioxide. The lungs are the main organ of respiration. They are surrounded by the pleural cavity, which is lined with a thin moist membrane called the pleura.

They are symmetrical. The left lung has 2 lobes and the right has 3. 2 bronchial arteries go to the left lung, and 1 to the right. These arteries follow the bronchi and their branches and supply nourishment to the lung tissue.

Bronchial veins run along these branches in the opposite direction. De-oxygenated blood enters the lungs through the pulmonary arteries, which come from the right side of the heart. After the blood has been supplied with oxygen it is collected in pulmonary veins, which transport it to the left auricle of the heart and thence to all tissues.

CHINESE POETIC DESCRIPTION

Lid of the yin organs. The tender organ, most affected by external pernicious influences. Lungs rule the Ki. Move and adjust the water channels. Rule the exterior of the body inc. skin. Brilliance of the lungs is manifested in the body hair. Lungs open into the nose. Throat is the door of the lungs. Throat is the home of the vocal chords. Colour is white. Sound is weeping. Liquid is mucous. Season is autumn. Time of day is evening. Direction is west. Negative emotion is depression. Positive emotion is happiness. The condition of the lungs shows in the cheeks. The condition of the bronchi shows in the nostrils.

LUNGS GOVERN KI AND RESPIRATION.

Most important function: extracts *"clean Ki"* from air which combines with *"grain Ki* ". Combines in chest to form *"Gathering Ki"*. LG spreads this newly formed Ki all over the body to nourish tissues and promote all physiological processes. This Ki also aids the LG and HT functions, as well as promoting good circulation to limbs and controlling strength of voice**.** LG most easily affected by external pernicious influences.

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LUNGS CONTROL PATHWAYS AND BLOOD VESSELS.

When the LG Ki is strong, circ. of Ki and blood will be strong, and limbs will be warm. If LG Ki is weak, limbs esp. hands will be cold.

LUNGS CONTROL DISPERSING AND DESCENDING.

LG have the function of DISPERSING the *defensive Ki* and body fluids all over the body in the space between the skin and muscles. This ensures that the resistance to illness is equally distributed throughout the body under the skin, performing its function of *warming the skin* and *protecting against external pathogenic factors.* A common cold usually manifests as an impairment in the LG dispersive function.

Lungs have a DESCENDING function because they are uppermost in body. LG Ki descends to interact with Kidneys, while lungs direct fluids down to the kidneys and bladder. If this function is impaired, cough, breathlessness and stuffiness of the chest can result.

LUNGS REGULATE THE WATER PASSAGES

After receiving *refined fluids* from the digestive process the lungs spread them throughout the body in the area under the skin, and thus control the body's fluid loss through sweating. Also directs fluid down to the kidneys and bladder. An impaired function here could result in urine retention.

5. LUNGS CONTROL THE SKIN AND HAIR.

The fluids which are spread under the skin by the lungs give the skin and hair *nourishment.* If the lung function is normal, the skin will have lustre, the hair will be glossy, and the opening and closing of the pores and sweating will be normal. If this function is impaired, skin and hair quality will be affected, and the pores are often too open, with symptoms like spontaneous sweating. Also, more vulnerable to attack from external pathogens.

6. LUNGS OPEN INTO THE NOSE.

Nose is the opening of the lungs to the outside world. If lung Ki is weak, or if lungs are invaded by an external pathogenic factor, the nose will be blocked, and there may be sneezing, with loss of the sense of smell.
Lung is the Major organ connected with METAL energy Large Intestine is the Minor associated organ

LG/LI MERIDIANS •. •FUNCTION OF ANALYSIS AND ELIMINATION

LG Intake of Ki from air for use by body and to build resistance against external intrusions. Elimination of gases not needed through exhalation.

LI helps lung function. Secretes and excretes from inside and outside of body. Eliminates stagnation of Ki

BEHAVIORAL CHARACTERISTICS IN IMBALANCE

Isolate themselves just when you feel you are forming a bond with them. Easily manipulated: lets others define their space. Non existent gestures: falling back in on themselves. Tends to hold head down, but wants to pull it up. May seem aloof**,** putting nose in the air. Collects things. Movements may be lethargic and confused, with hand gestures to the neck. Clothes tend to be dark and

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conservative. Voice may be monotonous, dry, dull and depressed. May eat with mouth open. Crimes of violence. Mouth and eyes swollen and bulging. Needs warmth and encouragement, inspiration.

DIAGNOSIS OF COMMON LUNG PROBLEMS

Sunken grey cheeks, poor O2 uptake lack of expression from yang food and cigarettes

Red swollen hard cheeks mucus and fluid deposits from yin food, dairy and liquid

Broken capillaries in cheeks/nostrils, sagging jowls poor alveoli function, poor resilience in LG and diaphragm from sugar, alcohol, coffee

Pimples in cheeks fermentation in lung from yeasted foods and sugar

Pock marks in cheeks deep stagnation in lung from childhood sickness

Moles in cheek area deep stagnation, maybe tumour or cyst, in lung

NUTRITIONAL ADVICE FOR COMMON LUNG PROBLEMS

GENERAL RESPIRATORY PROBLEMS make rice main grain. Use hard leafy greens (kale cabbage daikon) and steamed greens (7 mins. high flame with shoyu) Tekka for yin prob., 3 x wk.
MINIMIZE - flour, oil desserts
USE - Lotus root tea, well cooked nishime root vegetables. 3 x wk.
ALSO - GC front and back

MUCOUS PROBLEMS avoid flour, nuts, oil and fruit (esp. tropical) Use - grated daikon, lotus root and greens, nori condiment.

ASTHMA Often KD/LV prob. caused by excess liquid. Yangise slowly.

SNORING eliminate food and drink before bed.

HERBAL TREATMENT OF LUNG PROBLEMS

Good results can be obtained from the use of Sunrider's CONCO herbal formulation, in conjunction with *Calli* tea as a cleanser and *Sunectar* as a sweetener and blood sugar regulator. Also, one may use Nutri West's LNG #11 formulation with good results.

These wonderful herbal formulations work by balancing and adjusting the flow of Ki energy through the lung meridian, and also to cleanse the lungs from any accumulated toxins.

Golden Products' CAROTENOID COMPEX and OMEGA 3 SALMON OIL are also valuable in treating lung problems: check for dosages using kinesiology techniques, and see the section on vitamin and mineral supplementation at the end of this book. In addition, the following preparations have also proved valuable from ancient times as lung healers:

GARLIC use internally and externally for treating many lung problems. Use 1 or 2 cloves per day pressed in water or juice, or 2 garlic capsules per day.

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BURDOCK ROOT TEA Preferably pick your own burdock root, and then cut the root into small pieces and bring to a boil, then simmer for 30 minutes. Drink 1-2 cups per day seasoned with a little shoyu soy sauce if desired. *This drink is a lung tonic.*

COMFREY ROOT TEA Simmer pieces of the root in boiling water for 20-30 minutes. Drink 1-2 cups per day, seasoned with shoyu if desired. *Tonic for lungs and mucus membranes.*

ELDER FLOWER TEA *for colds,* Place 1 tsp. in a cup, cover with boiling water and let steep in a warm place for 20 mins. Strain, add honey, and drink hot before bed.

SHIATSU TECHNIQUES FOR COMMON LUNG PROBLEMS

ASTHMA neck shiatsu, back and shoulder shiatsu: Press in below rib cage when patient breathes out. Press **BL 12, BL 13,** LG 1 GB **21.**
Take a dry towel and rub the extremities of the body working towards the heart. Continue until body feels hot. Do outdoors if possible, esp. in winter. (Improves circulation and skin respiration, and strengthens skin.)

COMMON COLD Dry towel rub. Rest body and mind, keep warm. General shiatsu first. Then: BL 10 BL 12, BL13, GB 20, LI 4, LI 11 *(Nasal congestion* from sinus points on the face.)

SINUS CONGESTION GV 14. LI 4, LI 20, ST 6, BL 20**.** May be caused by overeating, esp. before bed.

TIGHTNESS IN RESPIRATORY AREA *(also good for ST, upper chest pain, etc.)*

- Arms overhead, kneel behind. Work up both arms with palms, together.
- Shake arms overhead together, throw back to sides.
- Chest pump: esp. good for stress, skin probs.
- Sudden release technique (sides 1 and 2, centre)
- Pillow under back, arms overhead, 3 mudras.
- Work with hands down inside of arms, together
- Fold arms behind head with hands clasped, work down inside of arms with palm, holding.
- Sit up, pound back, hold shoulders.

LUNG MERIDIAN

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The healing sound for the lungs is -SSSSSSSS-

When lung energy is positive, openness, letting come and letting go, receptivity and non attachment are present.

Under stress lung Ki generates grief, sorrow, anguish or anxiety. If this is not dealt with, chronic imbalances may occur:

KYO: hypersensitive, self pity, deprivation, despondency, oppression.

JITSU: stoicism, defensive pride, selfishness, greed, envy and jealousy

Lung also relates with the ability to reach beyond our internal fences and connect with people in the world. Weakness with the function of Lung will almost always create a big difficulty in social situations, and a tendency to hold the breath either in or out while in social contact with people.

BACK DIAGNOSIS AREAS

WORKING WITH THE BACK AREAS

When working on the spine, remember to visualize OPENING A CHANNEL OF ENERGY.

The back areas can give us detailed information about internal function when we look, feel etc.

First, find the most KYO area and give holding treatment there. Then, move to the related JITSU area and actively disperse the stagnant chi.

Then, rock hands down entire length of spine, opening up the fixated spaces.

The spine is the primary energy channel in the body. Any block in the spine will be amplified and transmitted to other areas of the body/mind.

That's why disciplines such as yoga etc. place such emphasis on the manipulation of the vertebral column in many exercises.

PROTECTION TECHNIQUES

When we relax and remain in our hara. we can generate endless energy and not get tired.

Problems arise if we allow the information carried on the Chi of one patient to disrupt the balance of our own chi or to block our sensitivity to the next client.

This chi information can be really valuable in a treatment to give us a sense of what's going on with someone: It only becomes a problem if we pick up and get stuck with some energy that we don't really want.

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1. PROTECTIVE MEASURES

- Our own condition
- Natural clothing
- Clean, fresh room
- Leafy plants

2. CLEANING TECHNIQUES

- Hand washing
- Love light of La'a Kea
- Waterfall
- Flower to bud
- Scraping
- Chanting
- Tuning to yourself
- Exchanging energy with nature

HARA SHIATSU

Hara is the centre of the body's strength.

Located in the abdominal area, between the rib cage and the pelvic bone, where the digestive and reproductive functions take place.

Hara is the ROOT: we must cultivate hara. With a weak hara, even if we appear healthy, we are sick. With a strong hara, even if we get sick, we can easily recover.

In Japan, many therapists only concentrate on the hara. All the diagnosis and treatment is done with hara. This is called AMPUKU. Japanese language has many phrases which reflect their understanding of the importance of hara.

PHRASE	*LITERALLY*	*MEANING*
Hara Guroi	dirty hara	dishonest
Hara O Tateru	upset hara	angry
Hara Go Aru	to have hara	brave
Hara Kiri	cut off hara	responsible

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We can practice checking the power of hara on pets, babies and ourselves

HARA AND MOVEMENT

Noh dancers, martial artists, samurai and shiatsu therapists all need to invest heavily in the power of hara. When we move from hara, we retain our balance. It is the starting point of all movement and energy.

HARA AND VITALITY

Within the hara is the lower tanden, CV6 (Ki Kai) *Sea of Energy* This tanden produces all vitality including sexual vitality and desire. People with vitality problems and sexual problems like unhappy sex life, premature ejaculation, frigidity and absence of orgasm can be helped by treating hara.

HARA TREATMENT

- 4 finger technique (one hand supports)
- 3. finger technique
- 2 finger technique
- 1 thumb technique
- Pinch muscles (pinch at sides, towards the outside)
- Lift hara (slowly from beneath on out breath)
- Squeeze hara (squeeze up and release, vert. / horiz. 20x)
- Rocking hara (one palm on top of other, rock)

WHEN GIVING SHIATSU

- empty stomach
- empty mind
- never force, only support
- natural clothing
- continuous flow
- focus imagination
- use both hands
- sincere desire to help

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THE SPLEEN

THE SPLEEN stores blood, destroys old blood cells, and is the reserve organ for adult blood formation. Spleen also consists of *lymphatic tissue* and produces plasma cells, which make antibodies, thus tying Spleen function to the *immune system* and the prevention of various diseases.

THE PANCREAS secretes *hormones* into the blood, regulating the use of glucose. INSULIN**,** the primary pancreas hormone, *lowers* blood sugar by stimulating cells to use glucose. Pancreas also secretes GLUCAGON, a hormone tied to blood glucose RAISING*.*

The other function of the pancreas is the secretion *of pancreatic enzymes* directly into the small intestine, assisting in the digestion of fats, proteins and carbohydrates.

With the modern Western diet, various problems emerge which are related closely to the function of the Spleen/Pancreas. Excess dairy and sugar consumption has contributed to the pandemic of BLOOD SUGAR DISORDERS WHICH plagues our society.

These can be effectively treated using shiatsu, nutrition and herbs.

CHINESE POETIC DESCRIPTION

Rules transformation and transportation; primary organ of digestion. Sends GRAIN KI and pure essences to the lungs.

Directs ascending movement. Rules the movement and transformation of water in the body. Rules the raising of the pure. Governs the blood. Opens into the mouth. Spleen's brilliance is manifested in the lips. The EMOTIONS are: Suspicion/compassion. The COLOUR is yellow. The SOUND is singing. The LIQUID is saliva. The DIRECTION is centre. The TASTE is sweet. The spleen governs the FLESH and the MUSCLES**.**
It disperses energy upwards and DISLIKES DAMP**.**
We can diagnose the SPLEEN in the TEMPLE AREA and the PANCREAS in the TOP 1/3 OF THE NOSE.

THE SPLEEN GOVERNS TRANSFORMATION AND TRANSPORTATION

Spleen has the function of DIGESTING FOOD, absorbing the essential substances with a part of the fluid supplied, and TRANSMITTING them to the heart and lungs from where they are sent to NOURISH THE ENTIRE BODY. Normal spleen function is required for good appetite, normal digestion and absorption, good nourishment and normal transmission of fluid.

THE SPLEEN CONTROLS THE BLOOD

The spleen has the function of PREVENTING THE BLOOD ESCAPING the organs and vessels where it's meant to be. It has failed in this job when excessive bleeding occurs in menstruation, or in nosebleed.

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THE SPLEEN DOMINATES THE MUSCLES

Strong muscles provide powerful movement and the four limbs will feel warm. The spleen enables muscles to receive adequate NOURISHMENT from food thereby maintaining MUSCLE THICKNESS AND STRENGTH. Problems in this function result in weak muscles, cold limbs, fatigue and atrophy.

THE SPLEEN KEEPS THE ORGANS IN PLACE

The Ki of the spleen has the function of HOLDING AND KEEPING the internal organs in their correct positions. When the stomach, bladder or uterus drops the spleen is failing in this function.

THE SPLEEN OPENS INTO THE MOUTH

The spleen function shows itself on the LIPS. The spleen Ki passes through the MOUTH: this is how it influences taste. The spleen and mouth co-ordinate in receiving, transforming and transmitting food.

The Spleen is the Major organ of SOIL energy. The linked minor organ is The STOMACH

SPLEEN MERIDIAN • *FUNCTION OF DIGESTION AND ZYMOLYSIS*

Digestion and process of fermentation. Governs GENERAL DIGESTION including saliva, bile, secretions from small intestine and reproductive hormones related to breast and ovaries. Mental fatigue affects spleen and lack of exercise causes malfunctioning digestion and hormone secretion.

BEHAVIORAL CHARACTERISTICS IN IMBALANCE

Needs to do PRACTICAL things to make BALANCE**:** tends to think too much. Gardening, massage work or some other practical project is very good. "COUNSELOR'S BANE" SENSE of incompletion in gestures. Needs to be seen to be uncomfortable. Skin may be pale yellow, arms weak. Energy downwards on face, with soft emphasis on mouth. Heavy head, well defined face, pitiful feeling.
May be chewing too much. Craving for SWEETS AND DAIRY. Crimes of theft. Fussy and obsessive at home, with strange tastes. Movements are heavy, purposeful. Hand gestures to the HAIR. Dress is dull, loose. Voice is whining, sighing, drops off at end.

DIAGNOSIS OF SPLEEN PROBLEMS

A. VOICE, HANDSHAKE AND FACE

Voice is whining and complaining, fluctuating between high and low pitch and fast and slow rhythm. Handshake is cold or only gives the tips Temple area (spleen) and top of nose (pancreas) show discolouration, pimpling, swelling or other unusual signs.

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B. EXTERNAL: MERIDIAN

Heaviness of head or trunk, general fever, weakness of the extremities, pain of mandible and cheeks, tongue trouble, atrophy of muscles at the extremities. Coldness on the medial aspect of the knee, swelling of the leg and foot.

C. INTERNAL: ORGAN

Epigastric pain, diarrhea, indigestion, borborygmus, vomiting, splenomegaly, loss of appetite, jaundice, abdominal distension, hard lumps in the abdomen, constipation, dysuria.

NUTRITIONAL ADVICE FOR SPLEEN PROBLEMS

CAUSE is dairy, fruit sugar.
USE stimulating vegetables, e.g. Onion, daikon, spring onion plus chives and ginger

ALSO, Millet 2-3x wk., and toasted NORI daily

Problems with soil energy make the person suspicious, doubting, complaining cynical, cold and critical.

PRIMARY HARMFUL FOODS are sugar, oil fruit and dairy.

MEDITATION AND BREATHING can be naturally in nose and out mouth, and AUM Activities can be gardening or work with the hands

PRIMARY HELPFUL FOODS are Chinese cabbage, millet, pumpkin, sweet rice, carrot, parsnip

HERBS FOR SPLEEN PROBLEMS

NUPLUS

Helps to provide nourishment for the CELLULAR SYSTEM.

VITATASTE

Produces a deep sense of BALANCE and centredness within the whole system. Also acts as an ADAPTOGEN, helping the body to neutralize the effects of stress and enhancing the ADAPTIVE RESPONSES of the nervous system.

SUNCARE /SUNNYDEW

Stevia based sweeteners which help to STABILIZE BLOOD SUGAR LEVELS

ASSIMILAID

Herbal nourishment for the DIGESTIVE SYSTEM

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QUINARY

Helps to create synergy between the five PRIMARY BODY SYSTEMS

CALLI

Helps to cleanse the body by nourishing the systems of elimination and beginning cellular regeneration Powerful mental influence-calms and focuses the mind.

SHIATSU TECHNIQUES FOR SPLEEN PROBLEMS

- Spleen stretch x 2
- Rotate big toes
- Work palm thumb palm up each leg separately
- Press SP6, SP10
- Work under left side of rib cage
- Spleen pump
- Press down over the clavicle
- Massage the area below the right thumb

THE SPLEEN MERIDIAN

The HEALING SOUND for Spleen is ▫HOOOOOOOOOO▫

When Spleen energy is POSITIVE**,** the person is empathetic, sympathetic, considerate, fair and trusting.

Under STRESS, spleen energy becomes over concern, over sympathy, and reminiscence. If not dealt with, this can become

KYO mental fatigue, poor concentration, forgetfulness.

JITSU over thinking, brooding, worry, mistrust, anxiety, obsessive.

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YU POINTS

These are points on the BLADDER meridian along the spine which are associated with the function of various meridians. They are also called ASSOCIATED POINTS or ENTRY POINTS**,** because these are the places at which chi enters the body to create and sustain the organs.

NAME	POINT	ORGAN	LOCATION	CONDITIONS
HaiYu	BL 13	LG	3-4T	colds, asthma, bronchitis
Ketsu Yin Yu	BL 14	HG	4-5T	hypertension, palpitations
Shin Yu	BL 15	HT	5-6T	Heart problems
KanYu	BL 18	LV	9-10T	Liver problems
TanYu	BL 19	GB	10-11T	Gall Bladder problems
HiYu	BL20	SP	11-12T	Spleen problems
I Yu	BL21	ST	12T-1L	Stomach problems
San Shyo Yu	BL22	TH	1-2L	circulation problems
JinYu	BL23	KD	2-3L	vitality, KD problems
Dai Cho Yu	BL25	L/INT	4-5L	large intestine problems
Sho Cho Yu	BL 27	S/INT	1st indent	small intestine problems
Bo Ko Yu	BL 28	BL	2nd indent	Bladder problems

Generally, we work on the YU points when we want to STIMULATE under active energy in the related meridian.

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THE NERVOUS SYSTEM RESPONSE METHOD

We might also call this the RELAXATION RESPONSE

It is in fact one of the most important focal points of our healing system. All STIMULI from the environment are received through the PHYSICAL BODY. The nervous system interprets this information and registers it as a change in the energy state.

In addition to obvious physiological and emotional responses, THE CHAKRAS, AURA and the ENERGY BODY are also affected. The information is dealt with by the AUTONOMIC NERVOUS SYSTEM.

This is divided into 2 branches, PARASYMPATHETIC and ORTHOSYMPATHETIC.

PARA	**ORTHO**
Yang, Heaven's force	Yin, Earth's force
Neck, sacrum	centre spine
Relaxed, open	stuck, closed, tense
Flowing energy	stuck energy
Alkaline blood	acidic blood
Wholeness	fragmentation
- Ions, + thinking	+ ions, - thinking
Context, integrates	content, segregates
Builds and stores	expends
Oneness	diversity
Empty mind	cluttered mind
Adaptation	resistance, position taking
Intuition	intellect
Balance and harmony	fight and flight, protection
Deep	extremes
Vital	analysis
Synthesis	surface
REALITY-EVERY THING IS ONE	**ILLUSION- EVERYTHING IS SEPARATE**

In a balanced condition, Para should be slightly dominant. Most people, however, are locked into ortho. To give them a profound healing experience, we can shift them to a para mode of consciousness. There are 3 primary ways to do this:

- ROCKING technique
- SACRUM and NECK work
- SLOW, DEEP, CONSCIOUS PRESSURE anywhere on body

Also: when we SUPPORT PEOPLE to be the way they are, they relax, open and change.
If we ATTACK them and try to make them better, they resist, close up and stay the same.

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FIVE TRANSFORMATIONS THEORY

Thousands of years ago, ancient wise people observed the way in which the natural world passed through patterns of change and adjustment.

They noticed that Spring turned to summer, and then autumn and winter: that when wood burned smoke rose up with the flames and ashes fell into the earth, and that when metal objects were shaped in fire they could cut through trees.

They developed their understanding of the primary energetic polarity, Yin and Yang, to include a natural sequence of phases through which phenomena passed.

These phases are not discrete, but continually flow from one to the next. The outer arrows (CIRCLE) REPRESENT the SUPPORT cycle: the elements along this route support or NOURISH each other in their functioning.

The inner arrows (PENTAGRAM) represent the CONTROL cycle: the elements along this route OVERRIDE or control each other.

By understanding the way in which these 5 phases INTER-RELATE**,** it is possible to approach any problem from a variety of angles in order to effect a cure**.**

For example, let's say our patient is suffering from high blood pressure, and palpitations, which is usually an indication of JITSU or overactive FIRE energy.

We could approach this problem in a number of ways:

- We could STIMULATE WATER**,** which would over-ride fire :
- We could REDUCE foods and stimuli which nourish fire **:**
- We could STIMULATE TREE**,** which would weaken soil and thus cause fire to feed the empty soil condition:

We could work in a number of other ways, once we understand the way in which the system functions.

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CRANIAL SHIATSU

These cranial shiatsu techniques are drawn from the teachings of craniosacral work, and are very effective in producing rapid and lasting results.

CRANIAL TECHNIQUE #1 INTEGRATES HEAD AND BODY

- Start with neck stretches
- Knead side of neck with thumb
- Move Adam's Apple (influences thyroid)
- Fingers pull back below base of skull
- 1 hand rests side of head, other on CV other side: roll head
  (Lymph drainage and muscular system relaxation)

CRANIAL TECHNIQUE #2 CREATES A FEELING OF SPACE

- Thumbs both sides of ears : open up
- Pull under jaw line front to back 3 x
- Cheekbones with thumbs from nose to ears 3 x
- Thumbs along eyebrows 3 x TURN FACE DOWN
- Thumbs together up centre line of head
- Midline at front to sides, 3 x (5&6 good for dig. probs., stuck feelings)
- Rest hands on head: wait for cotton wool and pulses to equalize.

THE HEART

The heart is regulated by a sensitive electrical mechanism which causes a contraction of the heart muscle through an ELECTRICAL DISCHARGE. The heart's rate and rhythm are also determined by our mental and emotional state, and our BREATHING**.** The heart pumps about 12,000 litres of blood per day to the lungs.

It is a four chambered pump, which regulates blood circulation, carrying oxygen and other nutrients all over the body.

The heart is also sensitive to feedback mechanisms concerning our brain and muscular needs, which are communicated to the heart via the nervous system.

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CHINESE POETIC DESCRIPTION

1. DOMINATES THE BLOOD VESSELS

The heart Ki has the function to prepare the blood to circulate in the vessels, which are the house for blood circulation. The heart Ki must be enough, or this will influence circulation, which will then show on the facial complexion. If the heart Ki functions well, the person is full of vitality with a normal pulse. If this energy is deficient he easily becomes tired.

2. HOUSES THE MIND

Mental activity is involved with the heart. SHEN (SPIRIT) is a term for visible life activity. If the heart energy is deficient, the person feels restless, with insomnia, poor memory, lots of dreams and mental disorders.

3. OPENS INTO THE TONGUE

The tongue is the mirror of the heart. Heart energy passes through the tongue and controls its colour, form, motion and taste sensation.

The heart is the major organ in the element of FIRE. The small intestine is the minor organ. The small intestine separates the waste material from the nutritious element in the food. The nutrients are sent throughout the body, while the waste is sent to the large intestine.

HEART MERIDIAN • *ADAPTATION AND GOVERNING FUNCTION*

Represents COMPASSION**,** so governs EMOTIONS AND SPIRIT as well as blood circulation and total body through the brain and the 5 senses.

Also, the mechanism that adapts EXTERNAL STIMULI to body's INTERNAL ENVIRONMENT**.**

BEHAVIORAL CHARACTERISTICS IN IMBALANCE

Chest out, head up. Charismatic: draws people in but feels trapped if you get to close to them.

They use their body extravagantly (actors, politicians)

Energy moves away from the face. The eyes are moving and the energy is radiating out from the nose. They appear to be open but when you arrive there they are gone. Their home is flashy, movements are quick and erratic, and gestures are to the nose and ears.

Clothing is bright and changing often. Vocal quality is high and babbling, with a poor rhythm.

They eat too fast, and are noisy and talkative at the meal table. Crimes tend to be crimes of passion. They need discipline and regular activities to do.

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DIAGNOSIS OF HEART PROBLEMS

A. VOICE, HANDSHAKE, FACE

Voice is babbling, high and with a poor rhythm. Laughing, often at inappropriate things. Handshake is either too strong or too weak grip. Heart condition is shown by the TIP OF THE NOSE : this may be purple (LBP) or red (HBP) Slash marks in ear indicate circulation problems, while enlarged tip of nose shows swollen heart, fatty tip indicates fat deposits around heart, and a cleft in the tip indicates an irregular pattern of beating.

B. EXTERNAL: MERIDIAN

General feverishness, headache, eye pain, pain along back of upper arm, dry throat, thirst, hot or painful palms, cold palms and soles of feet, pain along scapula.

C. INTERNAL: ORGAN

Pain or fullness in the chest or ribs, irritability, shortness of breath, discomfort when reclining, vertigo and mental disorders.

NUTRITIONAL ADVICE FOR HEART PROBLEMS

GENERAL PROBLEMS primary cause of HT disease: meat and sugar eliminate or minimize fruit, liquids and fatty foods (esp. trans fatty acids) use bitter greens (cress, endive) roasted condiments (wakagomasio)

TO STIMULATE FIRE ENERGY *:* quick cooking over high flame, quick sauté, large leafy greens, small amount stimulating items such as rice vinegar or ginger, maybe a little raw salad.
TO SEDATE FIRE ENERGY: use more balanced cooking with round vegetables, average use of seasonings and moderate cooking time.

HIGH BLOOD PRESSURE Yang constitution plus fat, sugar liquid
STANDARD DIET *plus* soak mekabu overnight and drink soaking water with a touch of shoyu also shiitake tea, daikon kombu with greens, daikon drink *#2* natto, some oil, wakagomasio, bitter greens.

HEART ATTACK 1PM YANG CAUSE from fat and protein give radish, apple juice and greens
1 AM YIN CAUSE from fat and sugar give ranshio for yang and apple juice for yin: bite outside edge of tip of little finger hard for both. Rest followed by activity. Work with heart energy indirectly.

LOW BLOOD PRESSURE Yin constitution plus fat, sugar, liquid
STANDARD DIET plus *Mekabu* soaking water. Also fish 2-3 x week more salty taste, *Tekka,* strong cooked bitter greens.

ANEMIA diagnosis: finger nail should regain colour quickly when pressed: inside of lower eyelid should be red.

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2 types of anemia*:*

PERNICIOUS ANEMIA linked to B12 deficiency and most common among black people. 100% fatal until this century.

IRON DEFICIENCY ANEMIA *2* types: BLOOD LOSS (hidden or obvious) no new BLOOD FORMATION (poor digestion, poor absorption etc.)

TO CURE: Mugwort Mochi miso soup with mochi. burdock Kinpira. Jinenjo. sea vegetables (nori or arame daily) tempeh. seitan. mochi or fish cooked with ginger and greens for 20 mins. adding shoyu at the end. Umeshoban daily. *Koi Koku* for serious anemia.

HERBS FOR HEART PROBLEMS

NUPLUS

Helps to provide nourishment for the CELLULAR SYSTEM.

SUNCARE / SUNNYDEW

Stevia based sweeteners which help to STABILIZE BLOOD SUGAR LEVELS

PRIME AGAIN

Herbal nourishment for the CIRCULATORY SYSTEM (not with HBP)

QUINARY

Helps to create synergy between the five PRIMARY BODY SYSTEMS

CALLI

Helps to cleanse the body by NOURISHING THE SYSTEMS OF ELIMINATION and beginning CELLULAR REGENERATION Powerful MENTAL influence-calms and focuses the mind

FORTUNE DELIGHT

Cleanse- supports FAT METABOLISM AND REMOVES TOXIC LIQUID FROM THE CELLULAR SYSTEM. Strong PHYSICAL influence. Direct impact on MUCOUS AND LACTIC ACID REMOVAL.

SUNRISE

Provides power to the MUSCULAR SYSTEM. Normalizes muscle temperature. Improves HORMONAL FUNCTION**.** Improves HEART FUNCTION**.**

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SHIATSU FOR HEART PROBLEMS

PALPITATIONS Normal heart function: not a symptom of heart disease. Acute anxiety produces an adverse affect on stomach function and prolongs palpitations.

Total body shiatsu, *Ampuku*, shiatsu to both sides of solar plexus

HEART PAINS Give holding shiatsu to stomach area and press downwards.

ANGINA PECTORIS Spasm in coronary artery. Characterized by depression, heaviness around chest and fear of death. Shot of pain usually felt from chest and left shoulder to little finger. Emotional tension and mental/physical fatigue are root causes.

Give shiatsu to LV and KD for blood circulation, BL to correct autonomic nervous system dysfunction, and spleen meridian for poor digestion and lack of oxygen.

For ANGINA ATTACK**,** give shiatsu to upper and lower arms, back and hara areas. Give steady holding shiatsu- avoid strong movements.

HIGH BLOOD PRESSURE A warning that the lifestyle is not compatible with the health. Care should be taken in regard to diet, degree of emotional, mental and physical fatigue and lack of exercise.

Pressure changes RAPIDLY: HG KYO Pressure changes SLOWLY**:** HG JITSU

Give shiatsu to: KD; BL LV and GB, plus stimulate energy flow in the S/INT and L/INT

LOW BLOOD PRESSURE Give full body shiatsu plus: S/INT, HG, TH, BL, and ST

The healing sound for the Heart is HAWWWW

In a HEALTHY condition, the Heart radiates joy, happiness, self confidence and compassion.

Under STRESS**,** it may become overjoyed, shocked or hurt.

This may lead to a *kyo* emotional pattern of sadness, discouraged, self doubt, despair, emptiness and hopelessness, or a *jitsu* pattern of excitement, forced gaiety, nervousness anxiety and hysterics.

HEART MERIDIAN

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THE YIN AND YANG OF FOOD

Like all phenomena, we can classify different foods according to their yin or yang qualities.

We are wise to select our foods from the central area of the chart: These are the most balanced in term of yin and yang: we are also able to further balance and adjust the energies of our food by the cooking styles and preparation techniques we use.

When we eat out of harmony with our body's needs, we create a craving for the opposite in an attempt to balance our physical and mental condition. The huge swings from one extreme to the other can destroy the foundation of good health and lead to disease.

In addition, by selecting extreme foods which do not METABOLIZE cleanly we risk creating stagnation and accumulation in either the front, upper outside of the body (with yin extremes) or the back, lower inside of the body (with yang extremes)

The basis from which we can create a way of eating to suit any individual case may be termed the STANDARD DIET, which is:

PLUS: soups, fish, fruit, seeds, nuts, beverages snacks etc.

Once people have practiced a simple form of this standard diet for some months (adjusted to suit their condition, age, activity levels, the climate, the season etc.) their digestive tracts will be in a clear enough condition to benefit from and respond to some of the more subtle but powerful remedies offered for each element imbalance.

ALSO for Finland, certain things need to be considered:
Vitamin D levels and also B 12
Vegetables. in winter, Use of some frozen food
Butter and Piimä in winter for warmth
Red meat fish, baking (fats bio available)
Herring, Use of herbs (strong Earth energy)

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KNEELING SHIATSU

This can be practiced in situations where there is not enough space to use a futon, or adapted to situations where you use a chair. We will focus mainly on:

THE NECK

Many meridians, nutrients, signals from the nervous system, food and blood flow up and down the neck. It is a major area of tension for modern people. When the neck is jammed with activity and we are under stress, we get tense and get a stiff neck.

We can practice smiling into the neck: often also releases tension in the shoulders and sacrum

NECK DIAGNOSIS

STIFF: narrow thinking
RESISTANCE IN MOVEMENT: stubborn

Turn to see which side is tight. Move vertebrae side to side with fingers, make stretches, adjustments etc.

BACK OF NECK shows BL, LV GB
SIDES OF NECK shows digestive tract

NECK CRANES FORWARD poor circulation to head, brain tires easily, organs of perception are weak and dull

SWOLLEN NECK WITH ENLARGED BLOOD VESSELS HBP, suppressed anger, overly disciplined

THE SHOULDERS

SHOULDER DIAGNOSIS

Shoulders show a person's relationship with authority

RIGID SHOULDERS tight thinking
LOOSE SHOULDERS sloppy thinking

Shoulders also relate to GB and INTESTINES

In authority relationships**,** LEFT SIDE represents FATHER or male figure, RIGHT SIDE represents MOTHER or female figure.

SLUMPING SHOULDERS	dejection, depression, tired of life
STIFF, PULLED BACK SHOULDERS	defensive, defiant, resistant
SHOULDERS PROTRUDE BACKWARDS	weak intestines, weak sex organs

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SHOULDER JOINTS

Show LG and intestines

RIGHT JOINT LV and blood circulation through LV

LEFT JOINT HT

HEAD

Relates to the process of YINNIZING

Press **GB 20** *(LV and eyes)* **GV 16** *(Brain and nervous system)* **GV 20** *(spiritual brightness)*
•

KNEELING SHIATSU TREATMENT

- Take contact
- Rub shoulders together
- Hold one side: spirallic rub and flick
- Knead shoulders
- Stretch neck one way, thumb along other shoulder 3x repeat other side
- Lean them forward : thumbs down inter-vertebral spaces 3x
- Pound shoulders and back
- Hand on forehead: knead neck muscles: roll them.
- Standard work on face
- Harmonize by having them chant and feel the chi flow.

SPIRITUAL PRACTICES (1)

Everyone is consciously or unconsciously seeking to discover the world of chi, or vibration. This can be difficult as we tend to live in delusions in our modern society.

These delusions exist as heavy dark clouds about our heads as fear, guilt, unhappiness, anger etc.

To change these past dark energy patterns we can apply a number of specific techniques:

FOOD There is no limit to our consciousness, except those we impose. We all have happiness and unhappiness, but some people retain and focus on one whereas some people focus on the other. THIS DEPENDS VERY MUCH ON WHAT WE EAT. Some foods make our memories stuck in negativity: cheese, flour products, butter, animal fats, and poor quality oils.

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FOOD AND THINKING

MORE YANG	minerals, salt memory (past, old age)
Good protein	happy visual memory
Poor protein	unhappy visual memory
Good CHO	wonder, marvel
Poor CHO	uncertainty
Good quality liquid	hope, bright image
Poor quality liquid	despair, dark image
Vibrational food,	dream of life
MORE YIN	infinity, future image, will, youth

HEAD SPIRAL	position and compactness
TYPE OF THINKING	check vibration on head, 3rd eye
TO INCREASE VISION OR DREAM	avoid oil, use quality liquid
TO INCREASE MEMORY	miso soup, rice, seaweed
TO INCREASE RECEPTIVITY TO INVISIBLE WORLD	soak rice 4 hours with salt. Eat raw with Kombu

CHANTING

There are energy centres within the human body which have physical, emotional mental and spiritual functions. Sound can ACTIVATE these centres. All sounds already exist in the Universe: chanting simply TUNES US IN TO IT.

Midbrain	consciousness	M, N
Heart	understanding, judgment, expression	SU
Hara	intuition	A, TO

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BO POINTS

After the currents of electromagnetic energy have entered the body at the YU points on the spine, they charge and nourish the related organ systems with life power and then stream out from the front surface of the body, gathering at specific points which are referred to as BO KETSU or BO POINTS

These points bear a complementary /antagonistic relationship with the YU points

The techniques we use here are MORE GENTLE - more for DISPERSING BLOCKED OR STAGNANT CHI. With the YU POINTS we are MORE ACTIVE**,** using a stronger technique: more for STIMULATING THE FLOW OF UNDER ACTIVE CHI

Working with the BO points can produce profound and rapid changes, but we must be careful: many of the points are located on or near sensitive areas of the body, and injury or unnecessary pain may be inflicted if we are not careful.

THE LIVER

Largest internal organ located in upper right abdomen. STORES AND DISTRIBUTES nourishment for the entire body. Involved in the formation and breakdown of BLOOD and the FILTRATION OF TOXINS from the blood.

Liver cells make BILE which aids digestion, and stores this in the gall bladder lo be used by the intestines in the breakdown of fats *(emulsification)* and for enhancing the small intestine's abilities in absorbing FATTY ACIDS**.**

The liver aids in the metabolism of CARBOHYDRATES, FATS AND PROTEINS**,** helping to regulate BLOOD SUGAR LEVELS by changing fats *(Lipids)* and proteins *(amino acids)* into glucose for delivery to the blood circulation system and back again for storage.

Many of the enzymes which help to catalyze the liver's own chemical reactions are created within it. It also makes GAMMA GLOBULINS and PLASMA PROTEINS which help in IMMUNE FUNCTION**.**

The Liver also produces PROTHROMBIN, a clotting agent, and 2 anti coagulants which prevent abnormal clotting- HEPARIN and ANTITHROMBIN. It can form VITAMIN A and can store this vitamin along with other vitamins. It also stores minerals like COPPER, ZINC and IRON**.** The liver filters the blood of toxins and breaks them down for elimination, and can de-activate hormones.

MERIDIANS - STORAGE AND DISPLACEMENT FUNCTION

LIVER Stores nutrients and energy for physical activity. Cultivates resistance against disease. Supplies, analyses and detoxifies blood to maintain physical energy.
GALL BLADDER Distributes nutrients and balances total energy through the aid of internal hormones and secretions such as bile, saliva gastric acid, insulin and intestinal hormones.

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CHINESE POETIC DESCRIPTION

Rules flowing and spreading.

The General of the Army.

Maintains evenness and harmony throughout the body.

3 FUNCTIONS OF THIS HARMONY

- Adjust and make smooth (esp. digestion)
- Control bile secretion
- Harmonize emotions

Stores BLOOD. Rules the tendons (inc. ligaments and to some extent muscles) Manifests in the NAILS. Opens into the EYES. The emotions are anger, abuse and kindness and patience. The sound is SHOUTING. The liquid is TEARS. The colour is GREEN. The direction is EAST. The taste is SOUR. The smell is GOATISH. The climatic condition is WIND**.** The condition of the liver shows in the SPACE BETWEEN THE EYES. The condition of the Gall Bladder shows in the AREA BELOW EACH EYEBROW.

1. THE LIVER STORES THE BLOOD.

One of the most important functions, with the emphasis on NOURISHING and MOISTENING. Regulates the volume of circulating blood. During activity, LV releases more blood for circulation. When resting, blood is stored in the liver. LV dominates the *Sea of Blood* **(SP 10)** a location that affects BLOOD IMPURITIES and SKIN PROBLEMS.

DEFICIENT LIVER BLOOD is indicated with dry painful eyes with weak or blurred vision, lack of suppleness or pain in moving the joints, dry skin, dizziness and infrequent or spotty menstruation.

2. THE LIVER MAINTAINS AN UNRESTRICTED CONDITION OF FREE FLOWING CHI.

The liver makes chi flow without obstruction throughout all the organs. Its function is like a tree in spring that grows unrestricted. If restriction does occur, so can RISING LIVER FIRE, with symptoms of restlessness, anger, headache, vertigo, red face and eyes and a parched mouth.

3. THE LIVER DOMINATES THE TENDONS

Also including the ligaments and the fingernails. DEFICIENT LIVER ENERGY produces undernourishment of the tendons, spasms, numbness, difficulty in contraction and tremor.

4. THE LIVER OPENS INTO THE EYES

All pairs of the organs pass through the eyes, but LV KD and HT have the greatest influence.

The element linked to liver is TREE. The linked organ is the GALL BLADDER

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BEHAVIORAL CHARACTERISTICS IN IMBALANCE

People with liver problems tend to be angry, abusive and revengeful. Shout, anger, impatience. CHOPPING or POINTING gestures. Press point between eyes. Hand gestures wipe face and pinches eyes. Voice is harsh restrained or guttural. Needs order, time to be alone, some structuring.

Breathing can be natural through the nose and the sounds can be A E I O U

DIAGNOSIS OF LIVER PROBLEMS

VOICE, HANDSHAKE AND FACE

The voice tends to be loud or aggressive; the handshake tends to be hard with intense eye contact. The face will present puffiness, swelling, lines or discolouration in the area of the mid eye point (liver) or below the brows (gall bladder)

EXTERNAL: MERIDIAN

LIVER HEADACHES, dizziness, blurred vision, tinnitus and fever. Spasms of foot and hand if severe

GALL BLADDER chills and fever, headache, malaria, grey face, eye pain, red eyes, jaw pain, underarm swelling of lymph nodes, pain along channel in hip, leg and foot regions, deafness.

INTERNAL: ORGAN

LIVER fullness and pain in lower chest, hard lumps in upper abdomen, abdominal pain, vomiting, jaundice, loose stool, hernia, bed wetting, retention of urine, dark urine.

GALL BLADDER rib pain, vomiting, bitter taste in mouth, chest pain.

NUTRITIONAL ADVICE FOR LIVER AND GALL BLADDER PROBLEMS

LIVER

Avoid too much OIL. Don't OVEREAT. Eliminate ALCOHOL. Fast for a while.
Avoid ANIMAL FOOD and FISH, also too much SWEET or SPICY foods.

Problems, stress and aspiration checks can all be connected with stuck LV chi, Also inability to get up in the morning. Also, sometimes person wakes early and can't get to sleep again. Then, give sweet taste.

Use LEAFY GREENS daily, light boiled.
Also, Rice fast or 2-3 days liquid fast.
Also use WHEAT, BARLEY, HATO MUGI lemon, plum, sprouts, chives celery, leek, quick pickles and brown rice vinegar Also SOUR TASTE.

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GALL BLADDER

Same as liver, but also avoid FLOUR PRODUCTS.

For *gallstones,* use DAIKON DRINK # 3 (*for dissolving fat and mucus*. Place in cup 1 T grated daikon, few drops shoyu. Pour hot BANCHA over this and drink. This tea is most effective just before sleep. Do not use longer than 1 week unless directed by qualified MB counselor.)

Use GC for pain. *Diagnosis of gallstones:* pimples or lines above or below the eyebrow.

The most HARMFUL FOODS for tree energy are CHEESE, EGGS, MEAT SPICES and ALCOHOL.
Also, in the spring, using TOO MUCH BEANS can be a problem, as water energy prevents tree from rising. Problems may also arise in KNEES, EYES, MUSCLES (esp. tiredness and weakness) and TENDONS

HERBS FOR LIVER PROBLEMS

NUPLUS

Helps to provide nourishment for the CELLULAR SYSTEM**.**

VITA TASTE

Produces a deep sense of BALANCE and CENTREDNESS within the whole system. Also acts as an ADAPTOGEN, helping the body to neutralize the effects of stress and enhancing the ADAPTIVE RESPONSES of the nervous system.

SUNCARE /SUNNYDEW

STEVIA based sweeteners which help to STABILIZE BLOOD SUGAR LEVELS

ALPHA 20 C

Herbal nourishment for the IMMUNE SYSTEM

QUINARY

Helps to create synergy between the five PRIMARY BODY SYSTEMS

CALLI

Helps to cleanse the body by NOURISHING THE SYSTEMS OF ELIMINATION and beginning CELLULAR REGENERATION **Powerful** MENTAL influence-calms and focuses the mind

FORTUNE DELIGHT

CLEANSE- supports FAT METABOLISM**.** Direct impact on MUCOUS / LACTIC ACID removal.
4 small packs in a hot bath DETOX SKIN AND LIVER**.** Eye whites appear brighter.

LIVER MERIDIAN

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BLOOD SUGAR DISORDERS

Also called CARBOHYDRATE METABOLISM DISORDERS. These manifest as either too high blood sugar *(diabetes)* or too low *(hypoglycemia)*

Together, these problems are the most serious threat to the modern world: more people suffer from them and the side effects than cancer or heart disease.

Both disorders continue to baffle medical science, with disagreements abounding as to the cause, diagnosis and treatment of each condition.

From our viewpoint, the problem is very simple, which we will now illustrate.

THE MAGICAL POWER OF SUNSHINE

Whereas western medicine concentrates on *biochemical processes* within the human body to try and understand health and sickness, the more traditional approach of Eastern holistic healing focuses on the *relationship* between the inner and outer, or the HUMAN ENERGY SYSTEM and the WORLD OF NATURE.

The primary relationship we need to keep in harmony as human beings is our relationship with the ENERGY OF THE SUN, which creates and sustains all life on our planet.

The primary way we do this is by EATING PLANT FOODS which, through *photosynthesis,* trap sunlight or solar energy in their cells and store it as CARBOHYDRATES.

When we eat these foods, we are able to break down the more complex carbohydrates from the plant into simple sugar *(glucose)* which can then be used by the brain and the body as FUEL. In this way, the energy of the sun not only warms us directly, but animates our lives from *within, through* the food we eat.

In order to prevent our inner fire from flaring up too high every time we eat a meal, or from dying out completely when we fast for a while, the human body has evolved a beautiful chemical balancing mechanism called the GLUCOSTAT, which functions something like the thermostat in a house.

The glucostat**,** controlled primarily by LV and SP, tries to maintain blood glucose **(**BG) at about 100 mg. per 100ml. of blood (sometimes expressed as mg %)

THE GLUCOSTAT

A. SUPPRESSING BLOOD GLUCOSE

1. STIMULATE ACTIVITY

Neural messengers from the brain stimulate us to run, walk or become physically active: glucose is sent to the *muscle cells*, where it is burned as fuel.

2. STORAGE OF GLUCOSE AS GLYCOGEN

LV converts blood glucose to glycogen *(glycogenesis)* which is then stored in LV (70gms.) Muscles (200-400gms.) and Body Fluids (15-20gms.)

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3. STORAGE OF GLUCOSE AS TRIGLYCERIDES
If the body's storage for glycogen is exceeded, or if the LV is dysfunctional, the residue will be stored as *triglycerides* in fat cells.

B. RAISING BLOOD GLUCOSE

1. ABSORPTION OF GLUCOSE
Neural messengers stimulate the hunger response, we eat something, the carbohydrate portion of our meal is converted to glucose, and blood sugar is adjusted.

2. ENERGY RETRIEVAL
If BG levels fall too low, the LV reconverts stored glycogen to glucose *(glycohydrolisis)*

3. EMERGENCY CREATION OF NEW FUELS

If BG levels are still too low, AMINO ACIDS leave the muscles and travel through the bloodstream to LV, which converts them to glucose *(gluconeogenesis)*

HOWEVER, 2 problems arise from this:

- Nitrogen remains - uric acid buildup - gout
- Amino acids used for fuel cannot be used for muscle and tissue repair

THEREFORE, a back-up system is activated:

LV converts TRIGLYCERIDES to *glycerol and fatty acids*

- GLYCEROL - converted to glucose - burnt as fuel
- FATTY ACIDS - burnt as fuel

BUT: fatty acids are not a clean fuel!! Small amounts will be buffered by mineral reserves, but larger amounts lead to MINERAL DEPLETION AND ACIDOSIS.

Let's look at what happens when one of these two blood sugar problems arises.

DIABETES

In diabetes, the BETA CELLS in the pancreas, responsible for the production of the main BG lowering hormone, INSULIN, are attacked by the person's own immune system.

Diabetes is often accompanied by upper body obesity, a smaller than normal number of abnormally large fat cells, a generally toxic blood stream and chronic problems with KD and adrenals.

Western medicine perceives TWO DISTINCT FORMS of diabetes: in fact, it is claimed that they are totally different diseases, with different causes, diagnosis and treatment approaches. From the macrobiotic viewpoint, however, there is only one disease: both types are *caused by extremes of Yin in the diet:* one is simply more extreme than the other.

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HOW DIABETES ARISES

- As a result of long term consumption *of sugar, sweetened foods, milk* and *dairy foods, refined flour* and other more YIN FOODS AND DRINKS, the BG level is continually pushed UPWARD until the system is unable to bring it down into normal ranges at all.
  As the extreme expression of this Yin nature, the very yang BETA CELL clusters of the pancreas actually begin to DECOMPOSE, with degeneration spreading through the body to other locations. As the pancreas and other glands weaken, insulin is not produced, under produced, or not utilized effectively. Without the ANABOLIC effect of insulin, the body is soon in a state of crisis.

- Without insulin, glucose doesn't enter the cells to be burned as fuel, nor will it be stored in LV, muscles or body fluids as glycogen. Free glucose builds up in the bloodstream, while cells starve for energy.

- Without insulin, all the BG RAISING FUNCTIONS operate unchecked:

  - Stored glycogen is converted back to glucose
  - Absorption of new glucose is constantly stimulated
  - Conversion of glycerol and amino acids steps up

  This INCREASED SUPPLY OF GLUCOSE is not used as fuel, but builds up in the blood stream.

- The CATABOLIC breakdown of muscle protein and body fat continues, while muscle building and tissue repair cannot take place. The result is:

  - Muscle deterioration
  - Weight loss
  - Blood is flooded with amino acids and fatty acids

- When concentration of BG reaches dangerous levels, KD passes excess out into the urine. (Renal threshold^ 180 mg%) This results in:

  - Glycosuria (sugar in the urine)
  - Polyuria (excessive urination)

This can result in great loss of water from the body (up to 15% of body volume) which leads to:

- Polydipsia (Great thirst)
- Great hunger, associated with loss of protein

Also, the loss of fluid makes the blood more concentrated, pushing the BG up even further.

- Buildup of FATS in the blood puts a big strain on LV, which tries to neutralize, and *blood acidity* rises dangerously.

- To buffer this, MINERAL RESERVES are depleted, further weakening the system. Eventually, the production of *acetone* and *ketoacids* reaches an uncontrollable level. KETOACIDOSIS, unique to diabetics, is the fatal result

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DIAGNOSIS

There are a number of indicators with *Bo Shin*, or diagnosis by looking, that we can apply in considering blood sugar disorders. Most of these indicators are on the facial area. One of the most interesting aspects of the diagnosis of blood sugar disorders is the marvelous way they illustrate yin and yang.

Diabetes, a problem originating in an extremely yin dietary practice, and causing raised blood sugar has a large number of large diagnosis areas, more to the periphery of the face, raising, large numbers, large areas and periphery are all yin qualities.

Hypoglycemia on the other hand, a condition caused primarily by yang extremes in the diet, produces lowered blood sugar, and is indicated by a small number of smaller diagnostic areas near the centre of the face. Lowering, small numbers, small areas and centre are all yang qualities.

DIETARY APPROACH FOR DIABETES

Standard macrobiotic diet, adjusted in the following way, also accounting for age, season, climate and activity level of the person concerned.

• GRAINS Drier, chewier, pressure cook, short grain rice, AVOID corn, flour products. MB bread and Seitan OK

• SOUPS 1-2 small bowls per day. Stronger taste. *Mochi* often

• VEGETABLES Long time cooked dishes: simple, heartier, stronger taste. USE roots, hard squash, sweet vegetables, complex leafy greens.

• BEANS Aduki and green lentils *esp. Aduki Kombu Pumpkin dish* often, using stronger taste (regulates blood sugar levels.) Also *dried tofu* esp. with seaweeds.

• SEAWEEDS Esp. Kombu, Arame and Hiziki. Arame and Hiziki with sweet vegetables, shoyu and a little oil 2-3 x wk.

• SEEDS NUTS AND SNACKS Sesame, pumpkin, almonds, rice cakes etc. OK

• SEAFOOD Small volume fish l-2x wk with daikon/horseradish scallion/shoyu dips.

• DESSERTS USE sweet rice, sweet vegetables, chestnuts OCCASIONAL USE amazake, rice syrup, barley syrup INFREQUENT USE temperate climate fruit AVOID dried fruit, tropical fruit, juices

• SEASONINGS Saltier taste, small vol. oil for frying. Daikon, ginger, brown rice vinegar and Umeboshi moderate use

• DRINKS BANCHA, Rice tea, Barley coffee OCCASIONAL USE Cereal and Root coffees, Kombu. Ume and Mu teas. .moderate liquid use

• CONDIMENTS Gomasio 12:1 daily, seaweed powder, Nori, Ume plum OCCASIONAL USE: Tekka, Shio Kombu, Chirimen Iriko powder

• PICKLES: Short and long term

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SHIATSU TREATMENT FOR DIABETES

- Spleen meridian stretch and palm thumb palm
- Press **SP 6** and **SP 10**
- Liver meridian stretch and palm thumb palm
- Press **LV 3** and **GB 41**
- Kidney meridian stretch and palm thumb palm
- Press **KD 1** and **BL 23**
- Massage in hollows of elbow and knees
- Press below right thumb
- Press down in clavicle

HERBS FOR DIABETES

Because of the nature of blood sugar disorders, a number of specific products from the Sunrider range will be effective for helping to deal with the problem.

NUPLUS Deals with nourishment on a cellular level, helping the body to restore anabolic functions and balance and adjust energy levels.

SUNCARE An herbal sweetener which nourishes the function of the Pancreas and stabilizes blood sugar levels.

VITATASTE An adaptogen which neutralizes the effects of stress and enhances the adaptive response of the nervous system. Also helps to create a strong balance in the body's soil functions, which are the primary problem in blood sugar disorders. Also supplies huge doses of concentrated energy.

FORTUNE DELIGHT Cleans by eliminating toxic wastes from the cellular system. Provides a strong physical influence.

CALLI TEA Cleans by gently enhancing the functions of the eliminatory system. Calming effect on the mind.

QUINARY Helps to create a profound sense of balance in the entire body /mind through its creation of a synergetic communication between the 5 primary systems.

HYPOGLYCEMIA

In the opposite condition, HYPOGLYCEMIA, the long term consumption of more extreme yang foods in the diet (eggs, baked foods, animal fats, cheese, pizza etc.) eventually causes BLOCKAGE and STAGNATION throughout the body.

As a manifestation of the more yang nature of this problem, the more yin areas of the pancreas, responsible for secreting the primary BG raising hormones, *(glucagon* etc.,) become dysfunctional, and fail to provide sufficient impetus to the GLUCOSTAT. As a result, the BG is constantly suppressed**,** with accompanying DROPS IN VITALITY AND MOOD SWINGS.

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In response to this developing condition, the person begins to rely heavily on strong yin (alcohol, coffee, sugar, drugs) which do provide temporary relief. This does not erase the over consumption of extreme yang, however: instead, it aggravates the CHAOTIC PATTERN OF MOOD AND PERSONALITY SWINGS.

In rare cases, the lack of glucose in the blood can lead to coma and death within a few hours. Far more common, though, is the milder condition of FUNCTIONAL HYPOGLYCEMIA. Most medical doctors will dismiss the idea of a hypoglycemia epidemic as nonsense: after all, the medical definition of hypoglycemia is a BG lower than 40 mg%. However, our interest lies primarily in that huge group of people (estimated at 75% of the population) who spend their lives in the "twilight zone" between 80 and 100 mg%. There are in fact 3 distinct types of hypoglycemia:

- **ORGANIC HYPOGLYCEMIA** This develops as a result of a disease in some organ related to the functioning of the glucostat (e.g. pancreatic cancer) which causes a chronic BG suppression.

- **REACTIVE HYPOGLYCEMIA** This is actually the first stage of diabetes: the already compromised beta cells are slow to respond to a new load of carbohydrates but then overreact, sending the BG down below its optimum level.

- **FUNCTIONAL HYPOGLYCEMIA** "The Twilight Zoners": me and. most probably, you, too...

Here is the pattern associated with functional hypoglycemia:

• **LOW BG CREATES HUNGER** person is attracted to simple sugars and coffee. Big highs followed by big lows

.

• **CONTINUED LOW BG STIMULATES ADRENAL CORTEX REACTION** Cortical hormones flood the bloodstream, producing a buildup of internal stress, fatigue, and suppressed immunity. The body is in a constant state of alert.

• **AS THE CONDITION WORSENS, THE ADRENAL MEDULLA REACTS** Adrenalin now floods the bloodstream, producing intense nervousness, heart palpitations, chills and nausea.

• **THESE CHRONIC DIPS IN BG PRIMARILY AFFECT THE BRAIN** which begins to starve for lack of glucose. The brain, esp. the cerebral cortex, can only use glucose as fuel. The cortex deals with analysis, brightness, intellect and memory. This results in a constant feeling of depression, anxiety, neurosis and other personality disorders.

• **THE COMBINATION** of constant internal stress, glucose starvation, and excess fat and protein tissue build-up from the unchecked flow of insulin often result in more localized SECONDARY DISORDERS**,** such as asthma, allergies, glandular exhaustion and psychiatric problems.

DIAGNOSIS OF HYPOGLYCEMIA

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DIETARY APPROACH FOR HYPOGLYCEMIA

GRAINS Softer. In soups as well. also creams. P/cook or boil short or medium grain brown rice, millet sweet rice or barley. AVOID buckwheat, flour products, OCCASIONAL USE bulgur, cracked wheat, rye.

SOUPS Larger volume, maybe 2 x day, very light taste, use *shiitake*

VEGETABLES More medium to short time dishes, variety, lighter dishes. Very mild taste. Boiled, pressed or raw salads. USE hard squash and all sweet vegetables. OCCASIONAL USE vegetables. may be used. *Aduki Kombu Pumpkin* dish often: mild taste.

BEANS aduki, lentils, chickpeas. Fresh or dried tofu. Lighter seasoning. Garnish with scallions or rice vinegar.

SEA VEGETABLES ESPECIALLY *Arame, Kombu* and *Nori.* USE *Arame* with sweet vegetables seasoned with shoyu and brown rice vinegar l-2x week

SEED, NUTS AND SNACKS Sesame, pumpkin and sunflower OK. AVOID baked, puffed food or nuts.

SEAFOOD AVOID. If craved, a small piece white meat fish I x wk.

DESSERTS USE sweet rice, sweet vegetables. and chestnuts. OCCASIONAL USE AMAZAKE, rice syrup or barley syrup. INFREQUENT USE TEMPERATE climate fruit AVOID dried fruit, fruit juices.

SEASONINGS Mild, salty taste MINIMIZE oil. All MB quality seasonings may be used moderately. AVOID all others.

BEVERAGES DAILY Bancha, Calli, Rice Tea, Barley Coffee and spring water. OCCASIONALLY grain and root coffees and Kombu Tea. AVOID fruit juices, sweet vegetable juices, green tea, black teas, all stimulating aromatic teas, alcohol

CONDIMENTS Gomasio 16:1, seaweed powders, Nori and Nori flakes, Ume plum OCCASIONAL USE Shio Nori, rice vinegar, Shiso leaves. Short term pickles only.

SHIATSU TREATMENT FOR HYPOGLYCEMIA

When giving shiatsu treatments to hypoglycemic patients, we may notice a number of other symptoms during the early part of the examination and questioning. Symptoms we discover may include:

- quick to sense rejection
- wakes easily at night
- irritable/ropey in mornings
- impulsive/procrastinates/imbalanced
- low energy levels or swings
- attracted to sweets
- emotionally dependent
- freckles across bridge of nose

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- big toe curves inwards
- relationship problems

SHIATSU TECHNIQUE

- Check pancreas
- Use detoxing technique on pancreas
- Work Spleen meridian and stretches
- Work hara
- Press into pancreas area on out breath
- Shake area above clavicle
- Work entire area of lower ribs, inc. lift head as you press thumb below rib cage
- Work spleen meridian and stretches again
- Work hara

THE CHAKRAS AND HEALING

Energy from outer space **(**HEAVEN'S ENERGY) and energy from the earth (EARTH'S ENERGY) flow in a continuous stream through the human body, mainly through the PRIMARY ENERGY CHANNEL in the spine. The places along this channel where the electromagnetic current spirals outwards, collides and discharges strongly to the outside are called CHAKRAS. According to most traditions, there are 7 primary chakras, along with four others in the hands and feet.

- **ROOT OR BASE CHAKRA** Governs bladder, rectum and reproduction, plus part of nervous and circulatory function. Generates physical and mental harmony with the earth. SURVIVAL CENTRE.

- **HARA CHAKRA** Intestines, reproduction. Generates physical stability and mental confidence. Gives unmovable strength, both physical and mental. Perception of emotions and sexual feelings. SEXUAL CENTRE

- **SOLAR PLEXUS CHAKRA** Governs spleen, stomach, pancreas, liver, gall bladder and kidneys. Generates various physical and mental powers, including extraordinary ability to control physical movement, and gives powerful coordination. CENTRE OF PERSONAL POWER.

- **HEART CHAKRA** Governs heart and circulation. Charges blood and body fluids. Influences respiration and digestion. Generates emotional feelings, including love and sympathy towards others. Can develop sensitive perception in relation to the outside world. LOVE AND COMPASSION CENTRE.

- **THROAT CHAKRA** Governs respiration and speech, saliva and bronchial functions. Develops ability for intellectual and artistic expression. COMMUNICATION AND INTELLIGENCE CENTRE.

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- **MIDBRAIN CHAKRA ALSO** called the 3rd. eye. Governs control of consciousness and reactions. Generates the purification of various thought forms into more concentrated images, with the gradual diminishing of sensory perception.

- **CROWN CHAKRA** Governs brain cortex and various kinds of consciousness, including the administration of spiritual, mental and physical activities. Generates the expansion of consciousness towards the development of universal understanding, with the gradual diminishing of egocentric thinking.

Excessive charge arising in any of these centres STIMULATES the above mentioned functions, whereas a deficient charge results in a DIMINISHING of these functions.

MIDBRAIN is the centre of the NERVOUS SYSTEM, HEART is the centre of the CIRCULATORY SYSTEM and HARA is the centre of the DIGESTIVE SYSTEM

There are also four other chakras: one on each hand and foot.

RIGHT HAND Governs the discharge of electromagnetic energy towards the outside. These charges are generated internally by various chakras, especially the 2nd, 3rd. and 4th.

LEFT HAND Governs the invisible reception of electromagnetic energy from the surrounding atmosphere. These energies are feeding various chakras, especially the 2nd, 3rd. and 4th.

RIGHT FOOT Governs discharge of energy towards the earth

LEFT FOOT Governs reception of energy from the earth.

ADVANCED TECHNIQUES

These techniques are an extension of the BASIC OUTLINE TECHNIQUES***.*** While they may not use more complicated procedures, they are designed to produce subtle yet powerful effects on the OVERALL RESULT and FEELING of the treatment.

They are VARIATIONS and REFINEMENTS to already existing techniques for the most part, but please do not underestimate their power to produce results.

ADVANCED TECHNIQUE #1

FOR: STIFF BACK, TIGHT SHOULDERS, SORE KNEES, LACK OF CONNECTION WITH BASIC INSTINCTS

- Lying prone, open up fixated places on spine
- Thumbs under scapula/slash knife hand under/ thumbs under
- Stretch leg out and back from knee
- Leg at 45 deg. jumping pivot point: rotate
- Thumb in back of knee: 3 points across
- Rock feet, pull toes

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KIDNEYS

The Kidneys FILTER THE BLOOD and keep the body clean and in balance. The urine made from blood filtration passes from kidney to bladder and then out. The WATER BALANCE and ACID BASE BALANCE are also maintained by the kidneys. Several thousand litres of blood pass through the kidney each day from which 160 litres are extracted for further filtration. Most of this liquid is reabsorbed into the body, leaving a few litres to be excreted. The kidneys use this large flow of liquid to collect, concentrate and eliminate the body's liquid waste.

In the Chinese system, the kidneys are also perceived as STORING THE LIFE FORCE ENERGY itself, and are related to birth, life and death, the cycles of transformation. If there is chronic illness in the body, check the kidneys first. As the seat of will, willpower itself is seen as coming from the kidneys, which also generates ambition and a desire to do something with your life. A lack of willpower or ambition may also reflect a kidney weakness.

CHINESE POETIC DESCRIPTION

CONTROLS GROWTH

Storage place for HEREDITARY INHERITANCE**.** Hereditary essence is the material foundation that allows the assimilation of ACQUIRED ESSENCE**,** which is renewable and comes from food and drink.

KD also *regulate female growth* in 7 yr intervals and *males* in 8 yr intervals.

WOMEN: 7 KD Ki quickens 14 repro system activates, 28 physical peak, 49 menses cease

MEN: 16 Reproduction. strongly active, 32 prime, 56 decline begins 64 Ki declines to the point where teeth and hair begin to fall out.

DOMINATES WATER METABOLISM

Three main organs involved in water balance are KD, LG SP. KD have the ability to SEPARATE THE USEFUL LIQUID FROM THE WASTE and send useful to lungs as moisture and waste to bladder as urine. The KD first SEPARATES THE CLEAN FROM THE TURBID and then eliminates the waste.

DOMINATES THE RECEPTION OF KI OF AIR

The KD mainly receives Ki. They are also in charge of BREATHING. The distribution of CLEAN KI inhaled by the lungs to the whole body depends not only on the descending function of the lungs but also on the kidney function of RECEPTION AND CONTROL.

DOMINATES THE BONES

Growth and development of bones comes from KD ESSENCE. KD essence produces MARROW. Upper part of spinal cord connects with brain, while the bone marrow nourishes the bone and makes blood. Blood supply to the brain, solidity of bone and adequacy of blood are all closely related to the condition of KD essence.

STORAGE PLACE OF BASAL YIN AND YANG

Any disorder, if chronic, will involve KD, and diseased kidneys will affect other organs. Kidneys are the primary element of WATER energy. The paired organ is the bladder.

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BEHAVIORAL CHARACTERISTICS IN IMBALANCE

They appear to be drowning in a sea of their own FEAR. To help these people, we must establish our own identity very firmly and communicate out of that space.

They need warmth, empathy, stability and broader thinking. They are possessive, furtive and cautious in movement and expression, almost as if they were afraid to get their feet wet on the first day at the seaside. They are sloppy dressers. Voice is watery, sobbing and catching. Don't like you to put your arm around them. Sit at the back at restaurants etc. so they can watch the door. Shiver, groan and seem insecure. They like to transfer fear onto some other person or object. Make protective gestures to the genitals and lower back. Pull back in communication. Colouring is dark. Difficulty in creating polarity with others. Eyes are wide open. Jump up and down a lot when eating. Dreams are fragmented or sexy.

DIAGNOSIS OF KIDNEY PROBLEMS

We diagnose the condition of the kidneys in the area UNDER THE EYE. We diagnose the condition of the adrenal glands in the INNER CORNER OF THE EYE, while we diagnose the condition of the bladder in the area at the TOP OF THE CENTRAL PART OF THE FOREHEAD.

DIAGNOSIS AND NUTRITION FOR KIDNEY PROBLEMS

- **WATERLOGGED KIDNEYS** *(bags under eyes)* CAUSE: excess liquid CURE: reduce liquid, Aduki rice, Shio Kombu 3-5x wk, aduki/kombu/pumpkin dish 2-3x wk buckwheat.

- **KIDNEY INFLAMMATION** *(red/purple around eye)* CAUSE: sugar and strong yin CURE: Aduki rice, buckwheat, eliminate strong yin, Aduki/kombu/pumpkin dish 2-3x wk

- **TIGHT KIDNEYS** *(tight black lines under eves)* CAUSE*:* baked food, salt, fats, cold liquids, excess sex*.* CURE: Aduki tea, Daikon Drink #3, Shiitake tea, Corn Silk tea, reduce excesses, Aduki/kombu/pumpkin dish 2-3x wk.

- **FAT DEPOSITS IN KIDNEYS** *(fat deposits under eye)* WHITE: milk cause YELLOW: cheese cause CURE: Daikon Kombu Nishime 2-3x wk. Aduki rice, Aduki tea, Aduki/kombu/pumpkin dish 2-3x wk.

- **KIDNEY STONES** *(pimples beneath eve, black dots in sclera)* Aduki/kombu/pumpkin dish 2-3x wk, Daikon Kombu Nishime dish 2-3x wk, Aduki tea, 1-2 tablespoons grated daikon and teaspoon shoyu in Bancha tea. Drink a little more liquid: G/C for pain.

- **MUCOUS IN KIDNEYS** *(white or yellow patches in sclera)* CAUSE: milk, flour, nuts, oil, fruit, fatty foods, baked foods CURE: avoid all problem foods (natural rise bread and noodles {esp. soba} OK). USE: grated Lotus Root/greens dish, Nori condiment, Aduki/kombu/pumpkin dish 2-3x wk, Daikon Kombu Nishime dish 2-3x wk, Shio Kombu.

SHIATSU TREATMENT FOR KIDNEY PROBLEMS

- General shiatsu to lower back
- Kidney pump both sides
- Kenbiki technique on spine

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- Work primary branch of bladder meridian on back
- Sacrum work
- TURN OVER: Kidney meridian
- Hara shiatsu
- KD and BL stretches

KIDNEY AND BLADDER MERIDIANS

FUNCTION OF ENDOCRINE ORGANS AND PURIFICATION

KD CONTROLS SPIRIT AND ENERGY TO BODY and governs resistance against mental stress via control of internal hormone secretions. Detoxifies and purifies blood, preventing acidosis.
RIGHT SIDE makes cortisone. **LEFT SIDE** makes urine

BL RELATED TO MIDBRAIN AND CO-OPERATES WITH KD HORMONAL SYSTEM AND PITUITARY GLAND. Also has connection to autonomic N/S and reproductive and urinary organs. Eliminates urine.

SPECIFIC POINTS

KD 1 YU SEN *(gushing spring)*	Sole of foot midway across ball *(epilepsy, dizziness menstrual pain, revival)*
KD 3 TAI KEI *(great groove)*	Inside of ankle bone, half distance between Achilles tendon and tip of ankle bone *(KD malfunctions)*
GB 25 KEI MON *(KD Bo Point)*	Tip of last rib. (*To clear stagnation in KD)*
BL 23 JIN YU *(KD Yu point)*	between 2nd and 3rd lumbar, behind navel. (*Vitalizing energy, KD problems, especially. to Tonify)*
BL1 SEI MEI *(bright light)*	Inner corner of eye. *(Poor or tired vision, swollen eyes)*
BL10 TEN CHU *(pillar of Heaven)*	below 1st cervical vertebra. *(Headache, nasal obstruction.)*
BL28 BO KO YU *(BL Yu point)*	2nd indent, in side of sacrum *(Bladder probs. esp. to Tonify)*
BL 67 SHI YIN *(extreme yin)*	Outside of little toe. *(Easy labour)*
CV3 CHU KYOKU *(BL Bo point)*	I cun above pubic bone (*Sedating bladder energy)*

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HERBS FOR WATER ENERGY

LIFESTREAM, VITATASTE, VITAFRUIT, NUPLUS, BEAUTY PEARL, CALLI, FORTUNE DELIGHT, QUINARY.

MARSHMALLOW ROOT TEA For soothing irritations of the KD and BL. Increases the flow of urine (diuretic) and soothes and softens body tissue in the area. (Demulcent-emollient)

MARSHMALLOW POULTICE *(root or leaf)* Pour just enough boiling water onto crushed leaf or root to make a thick paste, apply to area, cover with cloth, (esp. good for BL, vagina, rectum or inflamed bowels.)

JUNIPER BERRIES *(Juniperus comunis)* Acts as a carminative (relieves intestinal gas) as well as being helpful in vaginal infections and venereal diseases. Good in combination with other diuretics such as CLEAVERS and UVA URSI. Also good when taken after exposure to illness or when resistance is low. Chew the berries when traveling to keep your resistance high.
FLAX SEED *(Linum usitatissimum)* Simmered and drunk as a tea is useful in inflamed conditions of the urinary organs, soothing and cleansing the kidneys and bladder.

NETTLE *(Urtica dioica)* Diuretic, tonic and astringent and is considered an excellent herb for KD troubles, backaches or uterine problems. You can use as a KD tonic when you drink daily. Make by adding one cup of boiling water to a pot with 1 T of nettles in it. Steep 20 mins and drink.

FENUGREEK SEED TEA KD and adrenal tonic.

In addition, we can use Ginseng root tea. Burdock tea, and Royal Jelly to strengthen KD yang and avoid constant colds and flu.

SELF-ESTEEM TREATMENT

Very many people today suffer from LOW SELF-ESTEEM. This poisons and sabotages every area of their lives, from their personal relationships, their career and their family to their relationship with themselves.

Self esteem is simply OUR BELIEF IN OUR ACCESS TO A SOURCE OF LOVE. Ideally, this source of love will be within ourselves, in our personal relationship with God, or this Universe.

However, in a society motivated by purely material goals, advertisers gain if they can hypnotize us into thinking we aren't quite good-looking enough, or happy enough, or whatever enough.-until we buy their product. In our media-intensive society, it is not surprising that self-esteem is so low.

This treatment is effective for people who complain of unconnected ache and pains throughout the body, allergies, migraines, constant colds and flu, low energy levels or swings, feelings of inadequacy or lack of life purpose, patterns of addiction and other similar symptoms connected with low-self esteem

This treatment can also be used to strengthen the function of the IMMUNE SYSTEM and SOIL ENERGY in the body.

KEYNOTE: WORK SHARPLY

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SHIATSU TREATMENT

- Palm over navel- other hand down spleen meridian on leg, briskly
- Have them press their leg up against your hand
- Keep the knee there: they bring their upper body across on out breath
- Fingers in navel, press on ribs
- Work on wrist, turning: press LI 4, work up LG meridian with thumb
- Twist other way, work triple heater
- Hold under clavicle, shake arm out
- Repeat other arm
- Lymph drainage along side of neck, both sides
- Lift neck muscles, pull back
- Kneel behind- lung pump bilaterally 2-3 mins.

TURN OVER

- Work between vertebrae
- Lift leg: stretch ankles while pressing inside of leg> pump ankles
- Stretch, shake
- Grab both legs, lift. Have them breathe to the belly and relax.

TURN OVER

- Neck- stretch base of skull
- Open ears stretch
- Work lymph nodes under jaw
- Cheekbones/eyebrows
- Press at side of eyes with out breath- wait for pulses to equalize
- Head jack-knife

ADVANCED TECHNIQUE #2

Make sure that you are relaxed, centred and empty and that hara moves
FOR: WEAK LEGS, REPRODUCTIVE PROBLEMS, NERVOUSNESS, URINARY PROBLEMS.

- Connect with partner
- Vibrating circular rub each side of spine
- Hand on sacrum and hold (sexual energy, urinary system, bladder and para stimulation)

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- Press 2 knuckles each side of vertebrae
- Work down BL 2
- Spirallic rub legs (energy moves to lower sphere of body)
- Palm pressure down back of legs
- Stand on inside of ankles (Heaven and Earth come together)

SHIATSU FOR SEXUAL VITALITY

CHAKRA WORK

2 Chakras deal specifically with sexual energy

• **BASE CHAKRA** Governs testicles, bladder, Para N/S, rectum, gonad hormones, and anus.
Deals with groundedness, identity and understanding.
TOO YIN: insecure
TOO YANG: egocentric, overly concerned with survival, attachment

• **HARA CHAKRA** Governs ovaries, uterus, small intestine, RBC, blood quality kidney.
Deals with creativity, productivity.
TOO YIN: fear and frustration esp. in sexual relationships
TOO YANG: too sexually active: relates everything to sex.

TO BALANCE THESE CHAKRAS: palm healing and guided imagery will help correct.

BODYWORK

3 main areas to work to balance and energize sexuality are:

- Kidneys and KD meridian
- Bladder and BL meridian
- Sacrum

Kidneys Palm healing, pressure on meridian, esp. KD 1, KD 3, KD pump, leg stretch.

Bladder Palm healing, pressure on meridian, esp. BL 23, BL 40, Kenbiki on spine, leg stretch.

Sacrum Press into sacral bones with thumbs (BL 31, 32, 33, 34) {points are on top of the sacrum} or moxa on centre of sacrum. Strong release of sexual energy along spine.

One hand balances side of sacrum, other thumb hard into side points (BL 27, 28, 29, 30) both sides.

Foot on coccyx - sends charge of energy up spine

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LEG STRETCHES FOR SEXUAL VITALITY

- Normal single leg stretch
- Hand on inside of knee, pull slightly out
- Knee in back, hand on knee and shoulder
- Double leg sit pull
- Foot dawn on sacrum, double leg pull
- BL 50 (under buttock)

TURN OVER

- Make them hold their breath and extend hara: press down sharply 3x
- Press into bottom of hara on out breath and release
- Legs and feet together- hold knees apart, hands behind head- sit up3x
- Hara extending

NUTRITION TO IMPROVE SEXUAL VITALITY

FOR MEN Jinenjo, oysters, salmon head soup, Kombu powder tea (1 tsp. in cup bancha) moxa SP 6
FOR WOMEN Soak soybeans 10 hours, pressure cook 10 hours, strain in cold water, add more water, boil 3-4 minutes, add shoyu, cook 10 mins.
SPECIAL DISH FOR BOTH TOGETHER Kombu/Soybean stew with miso at end
ENDURANCE HOT GC on sacrum, KD
DELAY ORGASM Stimulate perineum
MENSTRUAL PROBLEMS Moxa SP 6

ADVANCED TECHNIQUE #3

BACK VARIATION

FOR LUNG PROBLEMS, SLUGGISHNESS, TIREDNESS, RESISTANCE, STUCK FEELINGS, LOW ENERGY

- Percussion with backs of fingers
- Fist percussion
- Single cupped hand
- Double cupped hand
- Grab and lift muscle
- Elbow: SHARP=specific RELAXED= gentle, milder
- Fist pressure along spine

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SEXUAL PROBLEMS AND MENSTRUAL IRREGULARITY

1. GENERAL SEXUAL PROBLEMS

Caused by a block in the flow along the SPIRITUAL CHANNEL, and an inability to carry a charge.

Therefore, we can work on the bladder meridian along the spine to activate chi flow in the spiritual channel, (esp. *Kenbiki)*

SECONDARY CAUSES OF SEXUAL PROBLEMS ARE:

- Sex organ problems
- Kidney problems
- Liver problems (MEN) Spleen problems (WOMEN)

PRIMARY TREATMENT

- KD meridian stretch
- Palm/thumb/palm along KD meridian
- Press KD 1 and KD 3
- KD pump
- Palm healing and healing sound to kidneys

SECONDARY TREATMENTS

FOR MEN

- LV meridian stretch
- Palm/thumb/palm along LV meridian
- Press LV and GB 41
- LV pump
- Palm healing and healing sound to liver

FOR WOMEN

- SP meridian stretch
- Palm/thumb/palm along SP meridian
- Press SP 6 and SP 10
- SP pump
- Palm healing and healing sound to spleen

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OTHER POINTS TO REMEMBER FOR GENERAL SEXUAL PROBLEMS

There is often an emotional/psychological connection with sexual problems Therefore, we can also apply the following ideas in our treatment.

- Inspire confidence in the person
- Encourage them to relax
- Use nervous system response techniques.

2. IMBALANCED ENERGY IN THE CHAKRAS

TWO MAIN CHAKRAS DEAL WITH SEXUAL ENERGY: ROOT AND HARA

ROOT CHAKRA PROBLEMS

- Press into sacral bones with the thumb
- Moxa on sacrum
- Foot on coccyx, charge of energy up spine
- Snap skin on bladder meridian along spine

HARA CHAKRA PROBLEMS

- Hara massage
- Press CV 6
- Hold hara and rock

3. PREMENSTRUAL MENSTRUAL TENSION

Overall, PMT or PMS is a more YANG problem, but 2 types of symptoms may appear:

MORE YANG SYMPTOMS: LIVER PROBLEM *Liver governs movement in the body*

Patient is uptight, aggressive and impatient. Heavy, dark, thick blood flow.

TREATMENT

- Liver meridian palm/thumb/palm
- Liver stretch
- Press LV 11 *(In Ren*) and GB 41 *(Rin Kyu*)
- Shiatsu to head neck and face

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MORE YIN SYMPTOMS: SPLEEN PROBLEM *Spleen governs stasis in the body.*
Suspicious, indecisive, sobbing, self-pity. Light coloured, thin or intermittent blood flow.

TREATMENT

- Spleen meridian palm/thumb/palm
- Spleen stretch
- Press SP 6 *(San Yin Ko*) ST 25 *(Ten Su*) and ST 36 *(Ashi San Ri*)
- Shiatsu to the feet and legs

ADDITIONAL TREATMENTS FOR PMT

Green tea for pain 1-2 x day
Beauty Pearl supplement
Life stream
Vitataste
Hot salt baths at and around period
Full moon meditation
Good MB eating
Fresh air, tree energy
Lie on grass
Massage from a female friend
Boiled salad and seaweed often
Avoid baked foods, dairy, sugar, animal fats etc.

4. MENSTRUAL IRREGULARITY

Menstruation is governed by HEAVEN'S ENERGY: any disturbance in this flow will cause problems.

- **TOO MUCH HEAVEN'S ENERGY**

More flow, shorter cycle, short sharp cramps. **YANG LV PROBLEM**

Sedate energy in LV meridian (quickly against the flow) palm healing on liver (active hand on hara, passive hand on liver) LV and GB stretches. Press LV 11, GB 41

- **NOT ENOUGH HEAVEN'S ENERGY**

Weak flow, no menstruation, little blood, stops/repeated, dull slow pain early on. **YIN LV PROBLEM.**

Tonify energy in LV meridian (work slowly with the flow) palm healing on liver (passive hand on hara, active hand on liver) LV and GB stretches. Press LV 11, GB 41.

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- **TOO MUCH EARTH'S ENERGY**

Menstruation disappears, or once every 3 months or menstruation won't stop. **YANG SP PROBLEM.**

Sedate SP meridian, sedating palm healing on spleen, SP and ST stretches. Press SP 6, ST 25, ST 36.

- **NOT ENOUGH EARTH'S ENERGY**

No ovulation YIN **SP PROBLEM.**

Tonify energy in SP meridian, palm healing on spleen to tonify, SP and ST stretches. Press SP 6, ST 25, ST 36.

5. OTHER SPECIFIC SEXUAL PROBLEMS

FRIGIDITY General Shiatsu from lover every day with love and care.
Press BL 23 *(Jin Yu*) kidney YU point *(2-3L)*
BL 26 *(Kan Gen Yu) (5L-pelvic bone)*
BL 27 *(Sho Cho Yu*) Small Intestine YU point *(1st groove in sacrum)*
ST 9 *(Jin Gei*) welcome human *(1 1/2 inches from middle line on larynx)*
Also: shiatsu to front of neck and thyroid area, hara shiatsu.

IMPOTENCE **CV 1** pressure 5-7 mins. CV 4 *(Kan Gen*) Gate of Origin *(centrally 3 inches below navel)* Also, SP 6, ST 36, BL 23. General shiatsu from lover, esp. hara.

MENOPAUSE *(Headaches, constipation, weight gain/loss, insomnia)* General shiatsu 20-30 mins, neck shiatsu, sacrum shiatsu. Press SP 6 and SP 10 *(Ketsu Kai*) Ocean of Blood *(2" above kneecap on outside)*

MENSTRUAL PAIN SP 6, SP 10, BL 23, and BL 32 *(Gi Ryo*) Second Hole *(second groove in sacrum)*

SEXUAL STAMINA Kenbiki, BL 18 *(Kan Yu*) Liver YU point *(9-10T)* BL 19 *(Tan Yu*) Gall Bladder YU point *(10-11T)* BL 20 *(Hi Yu*) Spleen YU point *(11-12T),* BL 26, BL 52 *(Shi Shitsu*) Chamber of Spirits (2-3L) SP 6 plus: sacrum, hara, KD and BL stretches

CYSTITIS Ginger compress or moxa to sacrum, hara shiatsu. Thick, strong aduki soup.

ERECTION PROBLEMS Controlled more by left kidney. Use more yang cooking and grounding shiatsu.

EJACULATION PROBLEMS PREMATURE - too yin. CURE: yang cooking and grounding shiatsu
No ejaculation- lack of freshness and variety in cooking.

TO STIMULATE SEX DRIVE *women* - mustard *men* - ginger

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SIDE SHIATSU

Good for *Pregnancy*, *springtime, LV/GB probs.*
Work on LEFT SIDE FIRST: this puts less strain on the heart

NECK

Left side relates with spleen and heart *(worry, insecure, anxiety)*
Right side relates with liver *(frustration, anger, resentment)*

- Side of neck 3x
- Base of skull out from spine 3x
- Corner of eyes round ear to base of skull 3x

SHOULDERS

Influences arm pain and tension esp. top tip of scapula *(neuro-lymphatic system)*

- Pull shoulder back with elbow, thumb under scapula > bring blade to thumb
- Corner of shoulder to tip of scapula *(influences LG and KD also body warmth)*
- Work area between shoulder blade and spine with thumb

ARM

- Hold upper arm
- Rotate upper arm both directions 3x
- Stretch arm back 3x
- Press down outside of arm 3x *(other hand holds near wrist)*
- Lift arm at elbow: work down inside back of arm with other hand

TORSO

- Side torso with thumbs *(GB meridian)*
- 2 fingers along spine
- 3-5 L vertebrae, sacrum and hips with 2 fingers
- Side of leg *(GB meridian*)
- Side shiatsu adjustment *(shoulder/knee bow)* 3x

We often use pillows for side shiatsu work: many shapes, sizes and textures are available to suit different patients and situations. Traditionally, pillows were made from BUCKWHEAT HULLS.

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SHIATSU FOR PREGNANCY

Generally, Shiatsu is very good at this time because women are often physically and emotionally more tired

They are also very *sensitive,* so be very careful of the degree of pressure you apply. In addition, be very sure of what is in your heart and mind as you work, because as they are so sensitive, your partner will pick up and amplify whatever you are transmitting, and pass it on to the baby.
Avoid working below knees, top of shoulder, LI 4, or hara during first 8 months, as this may cause problems.

Generally, SIDE POSITION SHIATSU is best. Up to a certain point it may also be comfortable for the woman to lie on her back: however, remember to place a *pillow under the knees* to take the strain off the lower back.

In addition to Shiatsu, there are a number of other traditionally practices which women in the Far East have used during pregnancy to create the best possible growing environment for mother and child, as well as to deal with any problems which may arise.

COMMON PRACTICES DURING PREGNANCY

- As soon as pregnancy is discovered, begin to follow *MB dietary guidelines* eliminating at once all yin extremes and reducing to a very small volume any yang extremes. This is because when we stop an extreme food completely, it discharges from the body. *Yin extremes* will discharge *upwards* in the form of coughs, sneezing etc. whereas *yang extremes* will discharge downwards into the placenta. However, if we don't totally eliminate yang extremes, we won't begin to discharge them.

- If during the course of the pregnancy the woman develops a craving for foods which are better avoided, she should try to create a substitute from within the MB diet.

- Remain active and happy, avoiding all negative people and environments which have an adverse effect on you.

- Avoid watching, looking at, listening to, reading or in any way exposing yourself to scenes of horror, over-excited movies, books etc which create an erratic and disturbed energy around you. Try to read uplifting literature, as well as listening to, playing or observing works of art which reflect the high judgment and peaceful spirit of the artist.

- At the 5th. month, Japanese women have traditionally bound the hara tight with a cloth, in order to make the baby more yang. While we do not recommend this, we do recommend that women wear a cloth *hara warmer,* especially in winter, in order to strengthen and support the hara.

- Also at the start of the 5th month, you can begin to use RASPBERRY LEAF TEA every day to prepare the reproductive system for birth. (7 *tsp. leaves to 2 cups water, steep 15 mins. Drink 2-3 x day)* Remain active. Avoid long hot baths and showers as they demineralize the body and make you too yin.

- At start of 8th month, try to rest more, esp. from 3-5pm *(bladder energy time)* Remain active, and improve the quality of vibrational food you consume, through chanting, meditation, prayer etc. Receive massage around shoulders and to BL meridian. Have another woman around to nourish you.

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DURING LABOUR- remain in charge at ail times: it's your life and your body!

- Use *yoga* and *do-in* to keep Ki flowing and strengthen hara. Remain in touch with Earth's energy.
- Don't go to hospital until Yang stage of birth.
- While still at home move around and take long hot baths.
- Pelvis works best sitting, standing or squatting (stronger Heaven's energy)
- Ume Plum to make placenta discharge
- Don't let them cut the cord until it's stopped beating.
- Don't let them shine unnecessary lights into the baby's eyes
- Don't let them wash the protective mantle off the baby's skin straight away
- Don't let them express away the COLOSTRUM (the thin yellow liquid that precedes breast milk- It's essential to the immune system

TREATING COMMON PROBLEMS DURING PREGNANCY

MORNING SICKNESS Rice balls with *gomasio* chew one hundred times Ume plum or plum balls.

CONSTIPATION (from fruit or meat) Leafy greens, deep fried tofu, salted pickles.

INSOMNIA Ginger foot bath before bed. 1 teaspoon *gomasio* before bed.

SWOLLEN LEGS Ginger compress. Lie down at intervals during the day, elevating legs above head, keeping knees straight. Avoid salt 2-3 days

CRACKED NIPPLES Dried white radish leaf compress, then *sesame oil* to prevent the problem returning. Massage daily with a soft towel and oil. Alternatively, instruct husband to suck nipples.

EDEMA (caused by fluid retention) *Daikon drink #2* (2 tablespoons daikon juice mixed with 6 tablespoons hot water. Add pinch salt. Boil.) Drink Ix day USE ONLY FOR 3 CONSECUTIVE DAYS WITHOUT SUPERVISION, AND NEVER DRINK WITHOUT BOILING.

VAGINAL DISCHARGE Common during early and late pregnancy. Wash area 2x day, also *hip bath* 1—2x day. If discharge is thick, profuse or not stopped by hip baths, see doctor.

MUSCLE CRAMPS Massage legs, walk barefoot, stretch leg in front, press down on heel. Eat calcium rich foods or use a supplement. Maintain normal activity, avoid strong yin.

ITCHY SKIN (from excess yin) First-aid remedy = SCRATCH**.** Also, use hip baths 1 -2x day, add pinch of salt

LOWER BACK PAIN Massage sacrum, lower back, BL 23 Check posture and KD function. *Moxa* BL 60

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TREATING PROBLEMS DURING LABOUR

TRANSVERSE OR BREECH PRESENTATION Moxa BL 67, 60 every day

TO EASE PAIN DURING CONTRACTIONS SP 6, GB 20, GV 16

WEAK CONTRACTIONS *Moxa* Sp 6, BL 60, BL 67

PAIN DURING DELIVERY knuckles in sacrum

TO HELP BACK PAIN Side shiatsu with knees up, massage side of buttock. Also, press TH 8 (3 fingers above the posterior crease of the wrist, on the cubital side of the radius)

LABOUR TOO YANG *amazake,* SP 6, BL 67 *kuzumalt* drink, *green tea*

BABY WON'T COME *Marion Sandifer's* secret technique or: *Miso* soup, warm bath, beer

CAN'T RELAX Talking with a friend, towel rub, massage, *moxa LV* 3

MILK WON'T COME OR STOPS PAN fried *Mochi burgers* with greens, *carp soup with burdock,* beer. Also: press ST 12**, CV** 17

DIGESTIVE SYSTEM PROBLEMS

STOMACH

DIAGNOSIS

APPEARANCE
Swollen upper lip red upper lip white line around upper lip broken corner of mouth

CONDITIONS
Expanded ST inflamed ST
Expanded ST, indigestion duodenal ulcer

CAUSE
Lack of chewing sugar, spices overeating, chaotic extreme yang

EXPRESSION
Crosses legs, bends forward crosses legs, bends forward stubborn angry, stuck

SHIATSU FOR STOMACH PROBLEMS

- Gentle shiatsu to back until relaxed
- Deep shiatsu to hara
- Work ST and SP meridian inc. stretches
- Press the following points:
- BL 20HiYu(SP *YU point)* 11-12 T

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- BL 21 I Yu *(ST YU point*) 12T-1.L
- CV 17 Chu Kan *(ST BO point*) 2 cm. below sternum
- LV 13 Sho Mon *(SP BO point*) tip of 1st. floating rib
- Work in the stomach area under the sternum
- Return to hara and complete the treatment

STOMACH MERIDIAN

•NUTRITIONAL APPROACH TO STOMACH PROBLEMS

GENERAL Don't overeat. Chew well. Use roasted condiments, *Umeboshi* and *gomasio* daily. Drink *Umeshokuzu* 3-4x wk.

GASTRITIS Excess yin in upper stomach. Mucous lining gets weak: fever comes to yangize.
There is naturally strong acid in stomach. Acid foods increase this and burns through mucous layer and attacks stomach walls and nerve endings.
CURE: *kuzu,* soft food preparation, millet, sweet rice and soil energy foods.
Carrot and pumpkin, slightly sweet taste.
GC followed by *tofu plaster*. Small meals and yang condiments.

STOMACH ULCER EXTENSION of the same process. Similar treatment to above, but no GC if bleeding (black stools). Use cold compress for a short time, *dentie/kuzu* drink, baked *Ume* pit / meat, baked crushed hair of opposite sex.

HERNIA Yangise diet and use GC. The later pain comes after eating, farther down the problem is.

FOR ALL STOMACH PROBLEMS 80% grain is the best cure, but some people may need to approach this gradually in order to produce the correct *enzymes* to deal with this much grain.

FIRST AID SHIATSU

TOOTHACHE (UPPER JAW) ST 9 Jin Gei *(Welcome Human)* 3.75cm bilaterally from the middle line of the larynx.
TOOTHACHE (LOWER JAW) LI 4 Go Koku *(Meeting Mountains*) midway between bones of thumb and first finger.

COUGH LG 5 Tche Tse *(Marshland of the Foot)* corner of elbow held at 90 degrees.
KD 3 Tchao Ra *(Reflecting Sea)* Inside of ankle between Achilles tendon and inner ankle bone.

DRUNKENNESS GV 25 Shou Ko *(Ditch for Water)* tip of *nose-Kwappo*

SWALLOWING SHARP OBJECT 2-3 wheat flour/hot water dumplings

APPENDICITIS DIAGNOSIS - abdominal pain starts as vague discomfort around navel, localizing as a sharp pain in lower right abdomen. Usually also fever and vomiting.
CAUSE: - yang with secondary yin infection

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TREATMENT: - neutralize excess yang. Stop eating- fast for a few days If *must* eat, use soft cooked grain No laxatives. Enema if constipated, but stop if painful. GC quickly then cool plaster
Burdock root juice 1 oz per day /I cup chickweed juice per day, for 2 days.
Moxa or *acupuncture* can also help very much

PERITONITIS Appendix threatening to burst: marked increase in pain, tender in lower right hara, hardening of abdominal wall: CALL DOCTOR! During the 12-24 hours between onset of appendicitis symptoms and threat of peritonitis, the problem can be completely reversed.

ASTHMA ATTACK Can be DANGEROUS: watch carefully. GC to chest and back: repeat until symptoms abate (1-2 hours) Drink hot water with *rice syrup, kuzu barley malt*, hot apple juice, even strong coffee. Don't give too much to drink.

SIMPLE INSECT BITES (e.g. mosquito) Rub with slice cut from white part of leek or scallion, or any stimulating plant like ginger, onion etc.

BEE OR WASP STINGS Same, plus rub with radish or *daikon.*

SPIDER BITE Mix teaspoon *sesame* oil and teaspoon salt: rub into bite.

SNAKE BITE If on arm or leg, tourniquet above. Suck out poison, making lengthwise cut if needed. Very few fatalities in Europe from snake bites except people with HT problems or who die from shock. If can't suck, urinate on cut. locally apply- *miso or Ume paste* with cotton cloth. *Folk remedy- juice* of crushed earthworm. GENERAL TREATMENT- crush *aduki* beans to flour, mix with hot water and eat the paste. 1-3 bowls per day. 2-3 days.

DOG, RAT OR CAT BITE *taro* or *carp plaster, aduki* paste as above. If suspect rabies, give *ranshio* and take to hospital.

EPILEPTIC FIT hit big toe of both feet with shoe

HEART ATTACK Bite edge of little finger both sides. Also if YIN type (more night attack, less movement) give *ranshio.* If YANG type (more midday, active movement) give apple juice. For both, rest followed by activity.

NOSEBLEED *Kwappo* to heel lying supine.

DIGESTIVE SYSTEM PROBLEMS

SMALL INTESTINE

DIAGNOSIS

APPEARANCE Swelling central lips, horizontal lines/swelling in central forehead
CONDITION Poor absorption, stagnation, mucous in S/INT
CAUSE Flour, refined food, dairy fats, sticky foods
EXPRESSION Hungry, tired, concave lower back, timid, mid-hara bulge, pot belly

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SHIATSU TREATMENT

- Gentle shiatsu to back
- Deep shiatsu to central *hara*
- Work on small intestine meridian and stretch
- Press BL25 and ST25
- Palm healing to organ and meridian

NUTRITIONAL APPROACH TO SMALL INTESTINE PROBLEMS

DUODENAL ULCER Potato juice for a few days, also- *rice syrup/kuzu drink, amazake, shiitake kombu shoyu drink.* Take more yin approach-this problem comes from YANG factors.

ENTERITIS Putrefaction from yeast etc. Main cause is yin. Use *tamari bancha, gomabancha* or *Umeboshi tea.* 2-3 *Umeboshi* per day for a week. *Shio kombu,* small meals. Focus on rice and pickles. Use bitter greens. **EXTERNAL TREATMENT-** GC and salt pack. *Umeboshi* in various ways, balanced cooking, round vegetables. Salt, *miso* and *shoyu medium*.

SHIATSU FOR SPORTS INJURIES

GENERAL PRECAUTIONS

- Warm up properly
- Total respect for teacher, self, partner, the space, other people in the space etc.
- Guard existing injuries
- Avoid big meals coffee and alcohol before training
- Remove jewelry for contact sports
- Care of equipment

TREATING SPECIFIC INJURIES

MUSCLE STRAINS AND CRAMPS

Ah Si therapy - direct slow pressure to the painful place-release slowly.
Warm towel
Peppermint tea
Calcium Magnesium
Push muscle towards insertion and origin at same time
Support one end of muscle and give shiatsu to spasmodic area.
Use Electrosport and Fortune Delight in training

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TWISTED ANKLES AND STUBBED TOES

Palm healing with SU sound
Warm towel
Repeat the action 100 times
Sunbreeze
Ah Si to painful areas
Ginger foot bath at night followed by ice cold water.

LIGAMENT AND CARTILAGE INJURIES

More serious- often cracking sound when moved as though bone is broken. but with less pain. Fuller range of movement, with some swelling but no discolouration. Restrict movement of injured part Apply Sunbreeze, palm healing Use Vitafruit

BROKEN BONES

Most often very painful to the touch or if moved, although in rare cases no pain. Often a loud crack as the break occurs. Keep patient warm Restrict movement of affected area Rescue Remedy liquid SUMMON MEDICAL HELP LATER- use ginger bath or compress to activate *chi* and promote healing. Also, Lifestream and Vitafruit to promote water energy function.

DISPLACED VERTEBRAE

Use rotating palm technique on spine If unsuccessful, visit chiropractic. Often very painful, due to trapped nerve.

SWELLING IN JOINTS

Buckwheat plaster. Use Fortune Delight. Stretch Check diet esp. foods which affect liver function.

Many sports injuries occur as a result of OVERTRAINING, IMPROPER NUTRITION AND LACK OF REST. To prevent this:

- Take PULSE, WEIGHT and BODY TEMPERATURE on waking. Sudden changes up or down could indicate over-training. Rest for 3-4 days.
- Study sports nutrition as if you were planning to collect a PhD for it.
- Avoid STRESS of all kinds as much as possible.
- Always use carbohydrate, vitamin, mineral and electrolyte replacement drinks after training, and remain hydrated during training.
- Get at least 8-10 hours sleep every night.

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DIGESTIVE SYSTEM PROBLEMS

LARGE INTESTINE

DIAGNOSIS

SWOLLEN LOWER LIP Expanded colon, loose stools. **Cause:** Flour, chocolate. **Expression:** Self conscious, no completion

TIGHT LOWER LIP Constipation **Cause:** Salt, animal food **Expression:** Holding back on life

PURPLE LOWER LIP Hard inactive colon **Cause:** Cold food and drink **Expression:** sly, slouches

HEAVINESS IN EYES Gas, heavy hara, loose stools Cause**:** lack of order in diet **Expression:** dull, listless

SHIATSU TREATMENT

- Gentle Shiatsu to lower back
- Deep Shiatsu to peripheral hara area
- Work on L/INT meridian with stretch and pressure
- Press BL27 and CV4
- Palm healing direct to organ and meridian

NUTRITIONAL ADVICE FOR LARGE INTESTINE PROBLEMS

Daikon and Umeboshi good for all problems. Generally, standard diet GC and salt pack and *kuzu.* Make use of METAL ENERGY grains (rice etc) and root vegetables daily. Minimize flour products and fruit. Use *Shio Kombu.*

PALM HEALING (TE-A-TE)

Has been used for thousands of years in China and Japan and other oriental countries as a means of transmitting the healing energies Heaven and Earth through the hands in order to heal.
The most important aspects of palm healing are:

- **Giver's condition**
- **Use of the breath**
- **Focus of intention**

There are a number of ways we can give palm healing: here are some of the simplest ones.

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TERMINAL POINT AND ORGAN
Hold the TERMINAL POINT of the meridian between the thumb and fingers of one hand, and hold the other hand touching the body DIRECTLY OVER THE ORGAN. Focus the breathing with the receiver, and concentrate on your breathing chi cutting through the stagnation in their meridian.

ORGAN AND HARA
Place one hand over the HARA, the other hand over THE ORGAN. Again, focus the breathing. We can place active hand on hara if we wish to SEDATE the meridian, and passive hand on hara if we wish to ACTIVATE.

BOTH HANDS ON ORGAN
Place both hands back and front or side to side of the organ.

HOLDING BODY AREAS
Sometimes, there may be pain or problems in areas other than organs. Then we can hold these areas, e.g. the arm or the head or the foot and just breathe together with the receiver.

WORKING WITH THE CHAKRAS
We can also work with the balancing and adjustment of energy in the *chakras* or energy centres, which are located in the energy body.

Whichever technique we choose to use, we can also employ *chanting* (KOTODAMA) or the power of sound in order to enhance the effect of the treatment. Various sounds relate with different organs, and also with the different chakras. Also some sounds can be used to TONIFY, while others are more suitable for SEDATION.

YINNIZING OR YANGIZING
By taking advantage of the throat chakra's pivot-like quality within the chakra system, we can change various aspects of our treatment (breathing, direction of focus, hand position etc.) to make the effect more relaxing, soft and dreamy or more focused, pragmatic and materialistic.

DISTANT HEALING

This can be a big problem for some people, because we tend to carry around very rigid concepts about SPACE AND DISTANCE.
The courage to hurdle these rigid concepts is impelled by LOVE, so it's important to have the students select someone they love and care for to practice sending energy to.

PREPARATION

Have the students sit in pairs, with one behind the other. First, have them place the hands in prayer position and chant SU 3x. Then have the back one in each pair touch the shoulders of his partner with both hands. Have the receivers focus on what they experience. Then have them change around and repeat.

The experience they had was of BODY HEAT AND CHI.

Now, have them do the same thing, only this time they begin by chanting DO 3x , and have the transmitters sit about 2 metres behind the receivers. WHAT THEY FEEL NOW IS JUST CHI. Have them change and repeat. They are now ready to send energy at a distance.

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TRANSMISSION

- Have the students choose someone they love and care about to send the energy to.
- Have them clap to dispel delusions
- Lift arms overhead
- Lower arms to side thinking "I am drawing the unlimited healing energy of the universe to myself"
- Bring the hands to a prayer position
- Extend as in the previous exercises.
- Face the general direction of the person you wish to heal. Half close your eyes. Remember a time when closeness (or rather openness) joined you together. After a while, their image will appear close to you. Send the healing energy with the 3rd. eye and the hands, imagining that they are already healed.

If the receiver is suffering from emotional problems**,** gather and project the chi from the heart centre.

SPIRITUAL PRACTICES (2)

The reason we are here is to raise our level of awareness and to increase our capacity for love. One of the central mechanisms we have for do this is the POWER OF CHOICE.

Learning to choose wisely and effectively requires the focus of INTENTION, and developing intention is the purpose of this part of the programme.

Intention is fueled by the BREATHING, and is composed of three aspects. If any of these aspects are missing, we don't have intention, and the object or event MAY NOT MATERIALIZE. When all these three things are present, then we do have intention, and the object or event MUST MATERIALIZE, SOONER OR LATER.

The three aspects of intention are
:

- **DESIRE**
- **BELIEF**
- **ACCEPTANCE**

As we learn to focus intention, our MANA builds and our healing power grows very strong. Some translators have tried to translate mana (a word from the *Hawaiian Kahuna* tradition) into English as POWER but it's more than that. The meaning of mana includes ENERGY, **CONFIDENCE**, **EXPERIENCE**, ENTHUSIASM and SKILL. When all these things are present, mana **is** strong.

There are many empowerment or mana increasing techniques that we can apply in our work, but unless we build a firm base first, our mana building will crumble. Sooner or later, we will sabotage our efforts with such inner talk as *"I don't deserve this "* or *"I'm not good enough"...* To prevent that,

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Kahunas have long used exercises to develop self esteem and self confidence first, and THEN taught ways to increase mana.

These preliminary exercises are very simple, and can be done by anyone.

SELF CONFIDENCE

This depends on our belief in our access to a source of POWER. To increase this, we can practice an exercise called "PRAISING THE POWER". Relax and get comfortable, close the eyes, and imagine you are connected to a big light which is the Creative Source of ALL. It doesn't matter whether you view this as an old man with a beard, a bright light, Buddha, the Earth Mother or even as a candle flame: what matters is that for you at this time the image represents the highest creative power. You then begin an internal conversation with this Source, praising it, saying such things as "You are so powerful! Your energy creates and sustains all things, including my life! Everything that happens comes about through your Will! "and so on, for 5-10 minutes. This exercise has the effect of creating a very deep sense of self confidence, because we link our experience of our Self up to that vast Cosmic Powerhouse.

SELF ESTEEM

This depends on our belief in our access to a source of LOVE. Obviously, if this source is something outside of ourselves, like a parent, a lover or a partner, or a pet or whatever, when that person or thing dies, or leaves us or changes, we're going to feel insecure. And, as people and things have a habit of dying, changing and leaving, we're going to feel insecure a lot of the time if we base our self-esteem on some external source of Love.
So, for this exercise, we lie down and get comfortable again, but this time we imagine an Angelic figure floating somewhere above our heads, radiating light and energy down to us. We take a moment to feel the love, warmth and support coming from this figure, and then we repeat, as many times as we like, the following three statements:

- **I KNOW YOU LOVE ME** You always have loved me, and you always will love me.

- **I KNOW YOU APPROVE OF ME** You always have approved of me, and you always will approve of me.

- **I KNOW YOU ACCEPT ME** You always have accepted me, and you always will accept me.
  Take a few moments to enjoy the feeling that the experience of this much Love gives you, and then return to your normal awareness.

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HEART GOVERNOR MERIDIAN

Supplements the function of the heart related to circulation including pericardium, cardiac artery, venous and arterial system. Also controls total nutrition, and helps to protect the spirit, which lives in the heart, from internal and external pernicious influences**.**

SYMPTOMS OF IMBALANCE

Restlessness, nervousness, daydreaming, absent minded, palpitations, shortness of breath, blood pressure imbalances, tires easily, intestinal pain.

MERIDIAN

HEART GOVERNOR TREATMENT

- Patient lies on back- rock hara to relax
- Place palm on heart area: make healing sound for heart or SU sound 3x
- Work along the meridian 3x palm thumb palm
- Squeeze the end of the middle finger
- Repeat other arm
- Patient kneels - perform meridian stretch 3x
- Lightly tap THYMUS area 3-5x
- Place one hand back and the other hand front of the chest area and harmonize breathing.

IMPORTANT POINTS

HG 6 Nai Kan *(Inside Gate) 2 inches above wrist fold between the two tendons of the wrist, hard and in with the thumb* .Nausea, vomiting, insomnia, palpitations.

HG8 Ro Kyu *(Palace of Anxiety) Centre of the palm. Hard and in, 1 thumb*. Exhaustion, Emotional balance

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TRIPLE HEATER MERIDIAN

Supplements the function of the small intestine. Controls the spirit and the visceral organs, circulating energy to the entire body. Protects the function of the lymphatic system. Upper heater relates to the CHEST, middle heater relates to the SOLAR PLEXUS and the lower heater relates to the ABDOMEN and circulation to the extremities.

SYMPTOMS OF IMBALANCE

Obsessive, ringing in the ears, sensitive to cold, heat and damp, cautious, tight arms, heavy feeling generally, neck, shoulder and arm pain, ticklish, lymphatic problems..

MERIDIAN

TRIPLE HEATER TREATMENT

- Patient lies on back
- Do gentle work to hara, solar plexus and chest areas
- Do Triple Heater stretch on legs both sides
- Press down triple heater meridian on arms, palm thumb palm both sides
- Work on the mastoid bone
- Return to the hara to complete

IMPORTANT POINTS

TH 14 Ken Ryo *(Top of Shoulder*) *Patient holds arm straight at 90 deg. to body. You notice 2 indents on the shoulder. TH 14 is the one at the back* Shoulder joint pains

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